

# *Shoseian "Whispering Pine" Teahouse*

**Brand Park 1601 West Mountain St., Glendale, CA 91201**



## **Introduction to Hakko Ryu Jujutsu & Shiatsu With Gil Adams-sensei**

**Sunday November 17, 2024**

**11:00 AM to 2:00 PM**

The martial arts and healing arts have been connected for hundreds of years. Hakko Ryu jujutsu is a fighting style of Japan which also has a highly developed system of Shiatsu which is a method of pressure point, healing body work. Gil Adams-sensei has been teaching Hakko Ryu for over 40 years and is considered a master teacher of this art.

**\$25.00 per person**

**Please pre-register at the [glendaleteahouse.org](http://glendaleteahouse.org) website.**

**Class size will be limited.**

