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# Wellness and the Martial Arts

Wisdom from the ancient  
and modern Ninja

## Ninjutsu 1-Day Seminar

with **Dai-Shihan Jeffrey Miller**

Sat. Sep 20th 9am - 5pm  
Syracuse, NY

*Ninpo-Taijutsu* - unarmed self-defense  
*Ninja no Ken* - Ninja sword techniques  
*Zanshin* - Mindfulness for greater success

**Cost: \$75.** Pre-registration. \$100 at the door



**Location:**

Le Moyne College  
Student Rec Center  
1419 Salt Springs Rd  
Syracuse, NY 13214

Reserve Your Place Now at:

[ONLINENINJACADEMY.COM/EVENTS](http://ONLINENINJACADEMY.COM/EVENTS)



Join Dai-Shihan Miller for a 1-day seminar that blends physical wellness, cultural enrichment, and personal development.

- **Build physical confidence and awareness** — qualities that carry over into not just your martial arts training, but also **your daily life**.
- **Strengthen mental wellness** by practicing mindfulness skills that **reduce stress** and **improve clarity & emotional resiliency**.
- **Connect to time-tested and proven skills and principles** that influence modern leadership, strategy, and life mastery.
- **Learn practical, body-safe movement strategies** to handle real-world danger *without* relying on size, strength, or athleticism.

Walk away with new tools, new perspectives, and  
*a stronger sense of self.*

### What You'll Need:

- Martial arts *gi*, or loose, comfortable clothing
  - Notebook and committed willingness to learn
  - *Bokken* (practice training sword) or...
    - *Hanbo* (3ft wooden dowel rod)
- \*Or equivalent for sword work*

Scan to register!

