

**AIKIDO OF AMHERST**

THOUGHTFUL VIGOROUS MARTIAL ARTS

Celebrate our  
**10th Anniversary**  
with a seminar featuring

# Laura Jacobs Pavlick

7th Dan, Shihan  
Chief Instructor,  
Litchfield Hills Aikikai

**Saturday, May 4**

**Classes: 1:00-4:00pm**

Followed by dan tests,  
food, and fellowship

**Suggested Contribution:**

**\$65**

(cash/check/venmo)

7 Pomeroy Lane, Amherst, MA

[aikidoofamherst.com](http://aikidoofamherst.com)

413-345-6009

[aikidoofamherst@gmail.com](mailto:aikidoofamherst@gmail.com)

