

AIKIDO OF AMHERST

THOUGHTFUL VIGOROUS MARTIAL ARTS

Please join us for
a seminar featuring

Laura Jacobs Pavlick

7th Dan, Shihan
Chief Instructor,
Litchfield Hills Aikikai

Saturday, May 2

Classes: 1:00-4:00pm

Followed by dan tests,
food, and fellowship

Suggested Contribution:

\$65

(cash/check/venmo)

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