

# AIKIDO OF AMHERST

THOUGHTFUL VIGOROUS MARTIAL ARTS

*Please join us for a seminar with:*



*Laura Jacobs Pavlick  
6th Dan, Shidoin,  
Litchfield Hills Aikikai*

*Saturday, September 16*

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

*Registration begins at 12:30*

*After classes: Food, fellowship, and a ping-pong tournament*

*Fee: \$50*

*Aikido of Amherst  
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