

AIKIDO OF AMHERST

THOUGHTFUL VIGOROUS MARTIAL ARTS

We invite you
to a seminar with

Laura Jacobs Pavlick

6th Dan, Shihan
Chief Instructor,
Litchfield Hills Aikikai



Saturday, October 29

Classes: 1:00-4:00pm
Followed by food and fellowship

Fee: \$60

(assistance available for economic hardship;
contact us for details)

Covid Protocols:

Full vaccination, including eligible boosters;
masks required.

(subject to change according to pandemic conditions)



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