

Aikido for TEENS

**Saturday, March 18
1:00-2:30pm**

a free workshop
for teens

Learn more about the dynamic and circular martial art of Aikido taught by Vermont's senior instructor.

In addition to basic body movements and core conditioning, this free workshop will also explore the philosophy of Aikido.

Free Workshop, donations accepted!
Dress in comfortable clothing: be ready to move!



Aikido of Champlain Valley

257 Pine Street | Burlington, VT | 802-951-8900 | www.burlingtonaikido.org

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