Come try Aikido! There will be a short demonstration during the first class. Wear sweats or comfortable clothes. All welcome.

AIKIDO is a Japanese martial art often referred to as the "Art of Peace." Founded by Morihei Ueshiba, Aikido employs an emphasis on fluid, circular movement when responding to attack. The strength of Aikido can be found in flexibility, connection, timing, and control. Aikido training ranges from slow, contemplative practice to a challenging cardiovascular workout.

ABOUT THE TEACHER:
Julie Poitras Santos, 3rd dan, has trained in Aikido since 1991. She has traveled widely with her teacher, Hiroshi Ikeda Shihan, and has trained with many wonderful instructors from all over the world.

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