

FREE

Activities Schedule

10:30AM -- Aikido Free Trial Class (ages 7+)

11:15 - Yoga/Meditation Free Trial Class

11:45AM — World Peace Prayer Flag Ceremony

Heiwa Matsuri is our local celebration of the International Day of Peace

6155 Hickory Ridge Road • Spotsylvania, VA 22551 www.aikidoforpeace.org • 540-582-9600

Just off of Route 1, south of Massaponax High School



