
Heather Phillips

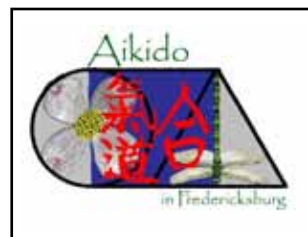
Guest Instructor in Residence at

Aikido in Fredericksburg

December 10 - 16, 2025



Heather Phillips Sensei (5th dan) has been studying and teaching Aikido for 21 years. She has trained with Aviv Sensei and at seminars around the world. Heather Sensei has taught Aikido in Virginia, Florida, Rhode Island, and California. She brings her precision and love of bukiwaza to the mat.



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