

# Aikido of Maine

SPRING  
2010

## Mary Heiny sensei

March 27th –29th

### schedule

Friday

6-8pm

Saturday

10-12

Lunch

3-5

Party

Sunday

10-12



"The techniques of Aikido are intended for us to use in examining the nature of power, to engage in uncompromising self-scrutiny, and to realize our potential as powerful, compassionate, self-aware human beings."

Mary Heiny Sensei

Mary will be scheduling private lessons before and after the seminar.

For more information email Mary directly.

[shinkokyu@maryheiny.com](mailto:shinkokyu@maryheiny.com)



Seminar Fee

\$150

Friday \$45

Saturday \$90

Sunday \$45

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