

Kulshan Aikikai Aikido is proud to host:
Mary Heiny Sensei

A final seminar from Kulshan Aikikai, in gratitude for 22+
years of practice

Saturday, Feb 10, 2024
10-Noon & 2:30-4:30

Sunday, Feb 11, 2024
10-Noon

Fees: None

All participants may attend without fee
—All affiliations, all ranks.

Masks recommended. No admittance if
recent symptoms, or within an isolation
period due to a COVID-19 exposure.

Call: 360-223-9281

Email: info@kulshanaikikai.org



For more than forty years, Mary Heiny Sensei has followed a path of physical and spiritual inspiration as a student and teacher of Aikido. Heiny brings to every class, workshop, and seminar she teaches not only her years of aikido training and teaching, but also her extensive experience and study of Japanese culture, language, Shinto and Buddhist philosophies, and Non- Violent Communication. She strives always to communicate the beauty and challenge of O'sensei's desire that we use Aikido to become empowered as creative, compassionate beings and learn to appreciate each other as members of one human family.

For more information:

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