

# Ottawa Aikikai

Is pleased to offer a day of

*meditation* and *aikido*

Saturday, May 4<sup>th</sup> 9 – 11.30am, 1 – 3pm

Cost \$20



Don Adams

Meditation Instructor,

Teacher for Shambhala International

Ottawa Shambhala Meditation Centre member since 1998

Holds a Masters Degree in Health and Physical Education

Currently CEO of Motivate Canada

(Youth Development NGO that uses sport for social development)

Don Dickie, 6th Dan  
Chief Instructor Ottawa Aikikai



## Ottawa Aikikai

155 Loretta Ave North

(Side door, upstairs)

Ottawa, Ontario,

K1Y 2J7

Tel: 613-233-2280

Email: [ottawaaikikai@gmail.com](mailto:ottawaaikikai@gmail.com)

[www.ottawaaikikai.ca](http://www.ottawaaikikai.ca)