



Aikido at the Center

hosts

Mary Heiny Sensei, 7th dan

Virtual Seminar



Kintsugi: Finding Beauty in the Broken

Saturday, September 19

Donation: \$30-50

Kintsugi is the art of using gold to repair a broken piece of pottery. It takes an object usually discarded and turns it into something uniquely beautiful and strong. Kintsugi starts with the acceptance of imperfection, impermanence and appreciation of the history of an object. The result—transformation. In Aikido, we also engage in the transformation of ourselves. We will explore how the process of Kintsugi can be used in our training to improve and enhance our aikido and our being.

To register: click on our Google Form [here](#).

To make a payment: go to our PayPal account at:
paypal.me/aatcdojo

For more about Kintsugi, here are three videos: [one](#), [two](#), [three](#).

Schedule:

10-10:50 - Class

11-11:50 - Class

11:50-1:00 - Lunch

1:15-2:00 - Class

2:00-2:30 – Discussion of theme

4:00-5:00 – Happy Hour

*All classes held at Pacific time

Registration Deadline: September 17 at 12 midnight, PT.
Zoom link will be sent on September 18 for those registered.

Please address any questions to **Aikido at the Center:**

Aikidoatthecentertucson@gmail.com or

(520) 261-4654

(this is a voice mail, so please leave a message)

www.aikidoatthecenter.org

~Hakama optional~