

TWO CRANES AIKIDO

invites you to a special training

Heart to Heart

The Healing Power of Aikido

**Mary Heiny, 7th
Dan**
International Aikido
teacher for over 50 years.



**Laura S. Brown,
Ph.D. ABPP**
Nidan and Trauma
Therapist for 40 years.



**Kimberly S.
Richardson
Sensei, MA LMT**
6th Dan, Chief Instructor of
TCA & Aikido teacher for
40 years.



Join us on Sunday, June 6,
2021, as we apply aiki
principles to increasing
our resilience and somatic
self-care in an age of Chaos
and Possibility

Sunday June 6, 2021

10am -12pm on Zoom; Fee: \$30 to \$60 sliding scale
Registration info at twocranesaikido.com

TCI, Two Cranes Institute
is a non-profit, educational
organization serving the
community since 2010.