

# “Jack Frost” Aikido Seminar featuring Dan Messisco, 6th Dan



- Visit [RiverofLifeCenter.com](http://RiverofLifeCenter.com) for registration.
- Open to all martial artists regardless of rank or affiliation.
- \$40 per class or \$95 for the entire seminar.
- Space is limited– Early registration suggested.
- Free deli lunch provided on Saturday.



**MARCH 9TH & 10TH, 2012**

**Friday: 6:00-8:00 PM**

**Saturday: 9:30-11:30 AM, 1:00-2:30, 3:00-4:30**

**River of Life Family Martial Arts & Wellness Center**

**321 Morris Road**

**Fort Washington, PA 19034**

**E-Mail: [RiverofLifeDojo@gmail.com](mailto:RiverofLifeDojo@gmail.com)**



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