

AIKIDO

The "Art of Peace"

The Art of Blending with Energy

A Healing Art

A Martial Art

An Art for All

*Join us at the Aiki Institute of
Spokane's Roshinkan Aikido Dojo*

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合気道

Benefits
Awareness
Improved Breathing
Flexibility
Strength
Self-Defense
Discipline
Stress Reduction
Clarity of Focus
Relaxation
Centered Movement
Improved Balance



*The art of Aikido is practiced in a cooperative
non-competitive, supportive atmosphere.*

*Through the physical and meditative practice
we seek to integrate the mind, body, spirit;
blending with energy, bringing balance, focus
strength, and intentionality to our lives.*