



Please join us for our  
**Spring Aikido Seminar**  
May 31 - June 2, 2024

FEATURING  
**Yelitza Cuevas (she, her)**  
4<sup>th</sup> dan, shido-in



**Tentative Class Schedule:**

Friday-	6:00 to 7:30 p.m.	<b>Aikido</b>
Saturday-	10:30 to noon	<b>basic Aikido class</b>
	2:30 to 3:45 p.m.	<b>Aikido</b>
	4:00 to 5:00 p.m.	<b>Bokken</b>
	time TBD:	<b>Pot Luck Party</b>
Sunday-	11:00 to 12:30 p.m.	<b>Aikido</b>

**Seminar will be held at:**

**Two Rivers Aikikai**  
2950 SE Belmont St.  
Portland, OR 97214  
email: [tworivers@2rivers.org](mailto:tworivers@2rivers.org)  
website: [www.2rivers.org](http://www.2rivers.org)  
Seminar Fees TBD

**Yelitza is an Aikido and Iaido instructor at Toronto Aikikai**

**Justice, equity, and non-violence on and off the mat**