



# Japanese Martial Art of Aikido in Wexford

Mindfulness and Zen in Motion



Monday Evenings  
7.30pm – 9.00pm

**First Introductory Session  
is Free**

One of the very few places in Ireland where you can  
study the dynamic & traditional martial art of Aikido

- Equally suitable for men and women
- Powerful without relying on strength
- Accessible but always challenging
- Effective but not aggressive
- Build confidence and increase your potential
- Deal effectively with stressful or aggressive situations
- Improve your health, fitness, mental wellbeing
- Manage the increasing pressures of modern daily life

**Beginners  
Always  
Welcome**



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Aikido Wexford



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