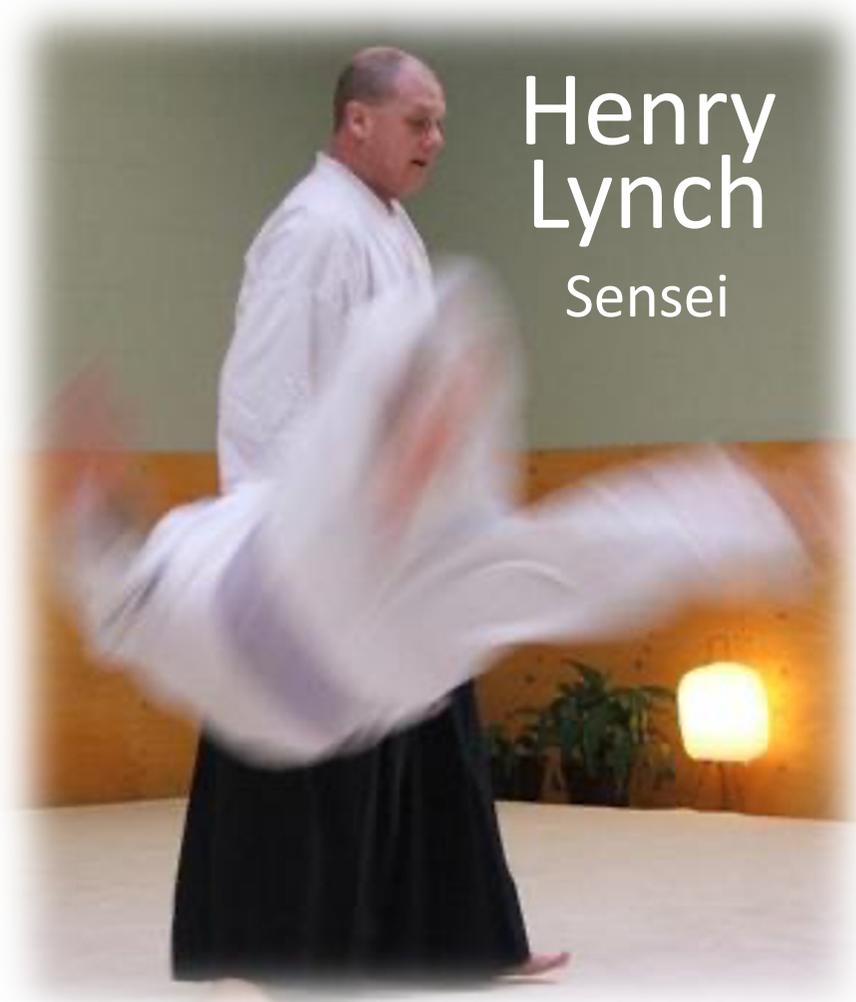


AIKIDO workshop

Saturday
7 March 2026



Henry
Lynch
Sensei

Henry sensei, 6th Dan Aikikai has been studying the art of Aikido for over 50 years. He is a founding member, Chief Instructor and Head of Riai Aikido. He is based in Auckland and teaches at his Riai Aikido Learning Centre. Henry sensei's training and teaching revolves around the exploration of the energy relationship between nage and uke.

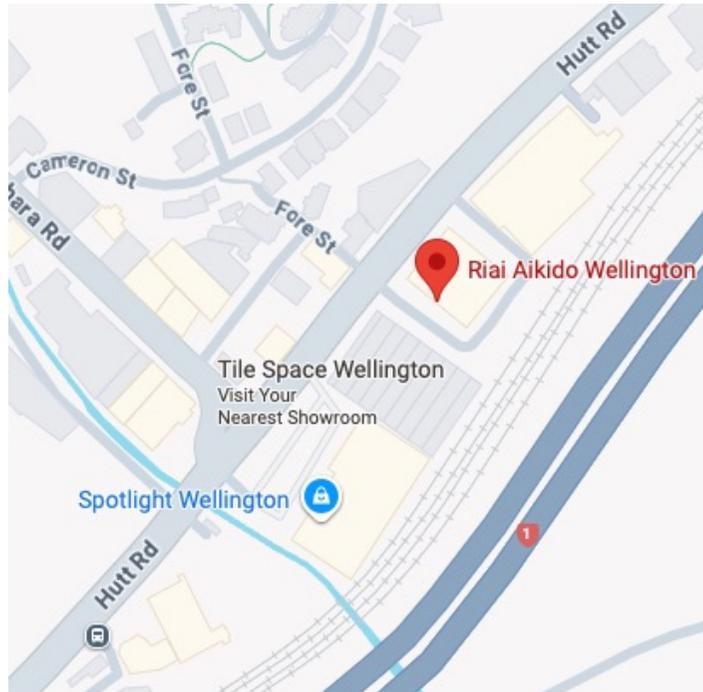
[Riai Aikido City Dojo](#), Wellington,
10:45am – 3:45pm, doors open 10:15am
with drinks at local tavern after

Workshop is open to aikidoka of all
Aikido affiliations, and beginners

Cost \$25. Register with Conrad
021 843 467 conradaikido@gmail.com

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道

We're easy to find



City Dojo is in the first floor of the big yellow Animates building, 132 Hutt Road, Wellington

Parking there, along Hutt Road north of the dojo, and in Cameron Street

On multiple bus routes too

Cafes close by

Or bring your own lunch

Cost \$25

Free for Riai Aikido Wellington members

Please register with Conrad
021 843 467
conrad@aikido.org.nz

Transfer to account
38 9024 0307948 00
RIAI AIKIDO WELLINGTON

Or bring cash. Arigato!



Coming up...

2026 Henry sensei workshops at City Dojo
18 July, 29 August, 28 November

aikido.org.nz/events

All City Dojo events at citydojo.nz/calendar/