



BBC Hiking Expedition 10/10/09

Return to the wilderness with AMMA! On Saturday October 10, 2009, from 9 am to 1 pm, we will be hosting a special hiking expedition for all students and their parents. Shihan and staff will lead the party as they hike through the Eagle Rock Reservation West Orange, NJ.

Essential supplies if you choose to attend are the following: bottled water, lunch & snack-preferably healthy food, such as nuts or fruit, Walking shoes or boots, extra pair of socks, waterproof jacket.

Sign up at the dojo today!