



Women's Self-Defense for Mothers and Daughters

For girls age 10-14 and their mothers*

(older girls welcome but they may prefer to take the teen class)

*Mother = step-mother, foster mother, aunt, or other supportive woman

Physical, Verbal, Psychological Self-Defense Skills



Powerful ♦ Effective ♦ Easy to Learn ♦ *FUN*

DATE: Saturday, September 8, AND Saturday, September 15, 2018

TIME: 2:00 pm to 5:00 pm (ONE CLASS - MEETS TWICE)

LOCATION: Yoga On Center, 401 Center St, Healdsburg

CLASS FEE: \$75 per student (discounts and work trades available)

REGISTER: Call/Text the instructor at (707) 326-4287

OR EMAIL - selfdefenseforgirlsandwomen@gmail.com

Students under 18 require SIGNED PARENTAL PERMISSION

Online: www.self-defenseforgirlsandwomen.com

On Facebook: [Jade's Women's Self-Defense](#)