



# Women's Self-Defense Teen/Adult Class

Girls age 14-17 may participate with signed parental permission

Physical, Verbal & Psychological Self-Defense  
Assertiveness Skills, Information & Inspiring Self-Defense Stories



◆ Powerful ◆ Easy to Learn ◆ Easy to Remember ◆ *FUN!*

**DATES:** Saturday, October 27, AND Sunday, October 28

**TIME:** 1:00 to 4:00 pm (6 hour class, 2 sessions)

**LOCATION:** Yoga Studio Ganesha (on the Sebastopol Plaza)

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

**Students MUST PRE-REGISTER**

Call, text or email the instructor to sign up (707) 326-4287

Email: [SelfDefenseforGirlsandWomen@gmail.com](mailto:SelfDefenseforGirlsandWomen@gmail.com)

Jade de la Cruz has been teaching Women's Self-Defense for 26 years.

For more information about Jade's self-defense classes, please go to:

Website: [www.self-defenseforgirlsandwomen.com](http://www.self-defenseforgirlsandwomen.com)

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