



Peaceful Warrior Woman Self Defense 101: Oregon Coast

Calling all Warrior Women! It is time to tap into your fierce self and join us for this powerful workshop.

Learn to:

- Carry yourself confidently
- Identify and avoid potentially confrontational situations
- Use everyday items as lethal weapons
- To use techniques that have been "pressure tested" for effectiveness
- Defend against multiple attacks and holds
- Move and strike with great force
- Use your powerful voice
- Gain control ASAP

Saturday, September 23, 2023
from
10AM-12PM
Ages 13+



Presented by:



Only
20 spots available!
Minimum of 10 needed
Cost:
\$40 per person

Location:

Taft Athletic Club
 4744 Oregon Coast Hwy
 tiffany@peacefulwarriorwoma
 n.com

MUST Pre-Register at

www.peacefulwarriorwoman.com
 Click on the link in the red box or
 scan the QR code above
 Questions? Call (480) 330-2066

