

WOMENS SELF-DEFENSE

FOR TEENAGE GIRLS, MOMS AND WOMEN OF ALL AGES



New program in Snoqualmie Valley!

Learn how to escape from grabs and attacks. Learn how to effectively attack without using strength. Learn how to use your smaller and less-muscular body to your advantage.

Most of all, play strategy games, get a workout, build a community of powerful women and have fun! Learn more at www.defenseninjas.com



Instructor: Fauzia Lala

Dates: January 4-April 30

Days: Tuesdays and Fridays

Times: 2:45-3:45PM

Cost: \$150.00 per month

Register: www.siviewpark.org
(425) 831-1900

REGISTER TODAY!



WWW.SIVIEWPARK.ORG (425) 831-1900