

Using your inner strength
3-hour Self Defence Course
Based on the art of Taekwondo

Thursday, 29 August
5.30- 8.30pm

Would you like to feel more self aware, powerful and strong?

In this course led by women, you will develop tools to:

- Be aware of your surroundings
- Use your voice as a weapon
- Know your own physical strength
- Develop your own personal safety plan
- Learn attack points on the body
- Be street-wise and home-wise

Guaranteed fun, laughs and knowledge

**Ladies, bring your daughter, sister, auntie, mum,
or your bestie along!**

\$80 per person (incl. GST)
Supper provided

Register online at www.psychologyassociates.co.nz
or by email to: office@psychologyassociates.co.nz

**Venue: 1st floor, 49 Water St,
(Cnr Water & Cumberland Sts), Dunedin
1st right turn after Chinese Gardens
Phone: (03) 4777 120**