

SELF DEFENCE WORKSHOP

Proactive ways to staying safe

Self defence: a proactive approach

Self Defence is the ability to keep oneself safe in various situations, and first and foremost is not putting oneself at risk.

Self defence includes the most valuable tool, your mind, followed by the support of your emotions and finally your physical techniques.

This workshop will encompass techniques and strategies, habits and attitudes, tips and skills that will help you to be proactive about your own safety. It will bring about an understanding on how to avoid dangerous situations, and the ability to protect yourself physically should the need arise.

- How to become more aware of your surroundings and of possible dangers
- Habits and attitude of the victim and the non-victim
- How to train your mind to be clear, smart and aware
- An insight into the attackers mind: "Why do people attack?"
- Listening to your intuition and respecting the 'gift of fear'
- Mental and physical avoidance techniques
- Learning a few basic but effective physical defence techniques
- Defensive living strategies and habits

1

THE MIND

Strategies for avoiding danger, being centered, focused and aware, being smart, attitude

2

THE HEART AND GUT

Confidence and self esteem, listening to your intuition, the gift of fear

3

THE BODY

Basic techniques of physical self defence

WHEN

Saturday the 11th of November 2017
9:00am to 4:00 pm

WHERE

The Land, Mokatse (after Oodi)

HOW MUCH

P450 per person (all inclusive)

P400 if you participate towards the group lunch with a vegan delicious dish.

WHO

Women and girls only

WHAT TO BRING

Empty mind to absorb information
Loose and comfortable clothing
Drinking water

WITH WHOM

With Nancy, martial artist of more than 30 years and student of body, mind, heart and spirit health, wellbeing and life skills

BOOKING

Booking essential by Wednesday the 8th of November 2017

Deposit of P 200 to secure your place

CONTACT

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www.anotherwayfitness.com/workshops.html

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(only serious interest. SMS preferred. Please do not call me for time and price, etc all the info is on this poster, or on the website)

