



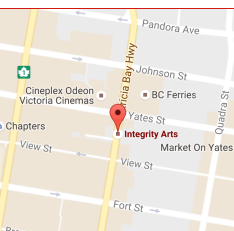
Integrity Arts Women's Only - SPECIAL EVENT Self-Defence Self Leadership Seminar Saturday April 8th

CURRICULUM / SCHEDULE (0900 - 1200)
Introductions
Martial Leadership
The Necessary Why
Mindfulness & Awareness
BREAK
Body Alignment/Posture
Managing Risk - Evade & Escape
Martial Techniques
Performance On Demand - Self Mastery

OVERVIEW - This seminar is designed to inform participants of the basic fundamental and advanced intellectual, emotional, and physical requirements of Women's Self-Defence. In addition, participants will learn and discover the unique and powerful ways that Integrity Arts utilizes the learning elements of *'Martial Leadership'* to discover and develop emotional intelligence, relationship intelligence, human psychology, biomechanics, heroship, warriorship, and the journey to self-mastery, as the basis for survival, sustainability, and leadership in all areas of your life.

REQUIREMENTS - Participants are expected to arrive 15-20 minutes prior to complete their student form and waiver, network, and prepare to enter the training area. Please wear loose fitting sport wear, with full length pants or leggings, and layered upper wear to suit personal comfort, and be prepared to work in bare feet in the training area. Bring water and a lite snack for the break as required. And, although this is an 'intro-level' self-defence seminar, be prepared to expect lite to moderate physical exertion and physical contact.

ENROLMENT - This is a by donation event, all donations (minimum \$20) are for the Victoria Transition House Society, from Women for Women, with support from Integrity Arts. For more information and enrolment, please contact either Jon Floyd @ (250) 213-6627 or Greg Martin @ (250) 480-9396. SPACE IS LIMITED so book early!!!



Visit us @ integrityarts.ca
1225 Blanshard Street
Victoria BC