



# Peaceful Warrior Woman Self Defense 101

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
- Use everyday items as lethal weapons
- Defend against multiple attacks and holds
- Move and strike with great force
- Use your powerful voice
- Gain control ASAP

**Saturday, March 19**  
**from**  
**2-4PM**

*Empowered · Resilient · Courageous*



Presented by:



**Only**  
**30 spots available!**

**Cost:**  
**\$30 per person**

**Location:**

Peaceful Warrior Martial Arts  
7601 E Gray Rd  
Scottsdale 85260

Register at

[www.peacefulwarriorphx.com](http://www.peacefulwarriorphx.com)

Click on the Women's Self  
Defense tab or QR code above

Questions? Call (480) 330-2066

