



Self Defence half day workshop

THURSDAY 28TH MAY

**BRADFORD ON AVON
2PM - 5PM.**

**AGE: 10-15 YR 6-YR 10
COST £25**

Mighty Girls & Helen from Systema bring you:

- Practical self-defence techniques
- A focus on movement, breath work, relaxation, and posture
- Enhance self-awareness & resilience
- Help equip you to handle various situations effectively

www.mightygirls.co.uk or QR Code to book

