

ACTON JIU-JITSU

5A Mill Street, East Acton

In Acton Since 1996



Programs for 2005

For Jiu- Jitsu/ Martial Arts/ Self Defence

For Tiny Tots - 3 to 5 yrs
 Juniors - 5 to 15 yrs
 Adults
 Special Needs

T'ai Chi
 Women's Self Defence

•Proud members of the Canadian Jiu Jitsu Association•



We are a family oriented club.



INSTRUCTOR:
 Linda Bromley, 4th Degree Black Belt,

Classes:
 Mon. through Thurs.
 evenings,
 Saturday mornings

OUR PROGRAMS BUILD:
 Confidence, Self Esteem, Respect for self
 and others, Self Defence, Discipline,
 Fitness, Fun.

Gift Certificates Available

Proudly Presenting...

MIND, BODY, SPIRIT WORKSHOP

SUNDAY, JAN. 23, 2005

9:30A.M. - 4:00P.M.

(LUNCH IS INCLUDED) COST \$159.00

Components of this workshop:

Yoga, Pilates, Breathwork, Self defence



JOIN US FOR:
 DISCOVERY,
 ENRICHMENT
 RELAXATION,
 EMPOWERMENT, INSPIRATION



GOAL: To maintain evenness of mind, body and spirit

Develop: Warrior Body, Warrior Mind, Warrior Heart.

Acquire: Strength, Focus, Compassion

Characterize the archetype of the noble modern warrior
These values can be cultivated into our everyday lives.

This workshop will begin by empowering the physical body through:

A) Mindful movement, using energy, improving strength, balance, core stability.

B) Learn how to use the breath to energize or calm - bringing your awareness inward to create the focused warrior.

C) Self defence using techniques from the ancient martial art of jiu-jitsu, leading to increased self worth, esteem and confidence, inner peace



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