

START THE NEW YEAR WITH A VALUABLE NEW SKILLSET.

Highly Practical & Effective Self-Defense Training at our January 2025 Workshop.



Krav Maga Personal Safety's training seminar is designed to introduce beginners to the basics of Krav Maga self-defense in a short period of time. Whatever your age, size, gender or fitness level, all participants will walk away with greater confidence after having learned the key principles and easy-to-learn skills needed to effectively manage an unexpected violent encounter. This invaluable workshop is open to adults and college students.

Sign-up today!

RSVP to Julie Blitzer at blitzer.julie@gmail.com

Workshop Date

Thursday, January 9, 2025

12 Noon – 1:30 pm

Workshop Location

Yoga Shala

1961 Post Road

Fairfield, CT

Pricing

\$30 via Venmo (@Julie-Blitzer-1)

www.KravMagaPersonalSafety.com

PERSONAL SAFETY
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