

SELF DEFENSE WORKSHOP



Self Defense Course in Sheepshead Bay

Taught by Ellen Levitt



Protect Yourself Save Yourself

Creative ways of using your body,
objects and lots more.

For Attitude * For Awareness
For Avoidance * For Body language

Dates: Feb 2, Feb 9, Feb 23, March 1, March 15
Time: Sundays from 10 AM - 11:30 AM
Fee: \$75 per person
Age: Adult and Children, 12 and up

Must Register by January 30 • LIMITED SPACE AVAILABLE

For more information, Location and/or to Register:

Email: Kehilatmoshe@gmail.com Web: www.kehilatmoshe.org



Kehilat Moshe of Sheepshead Bay



@KMsheepsheadbay

CALL: 347 850 4170



MOSHE