

Chad “White Wolf” Koch

Self Defense Warriors

Friday, October 20, 2017
6:30 - 9:00 pm

\$40 by Friday, October 13, 2017;
\$50 thereafter



IN THIS SELF-DEFENSE WORKSHOP, you will learn techniques and strategies to bolster strength in mind and body giving you more confidence. Techniques will be taught, practiced and discussed in a variety of situations from beginner to intermediate. The lessons and techniques will be presented in a way that any physical skill level will benefit from the experience. We will discuss and practice the secret to self defense that starts before any physical defense is required.

In this self defense workshop you will:

- Learn what it takes to defend yourself
- Practice defense techniques to use against a push, grabs and bear hugs
- Learn about using appropriate force
- Learn how to use your voice for self defense
- Leave feeling confident in your ability to confront any situation

Wear comfortable clothes that allow a wide range of movement.

Open to everyone.



CHAD “WHITE WOLF” KOCH has been practicing and teaching Tae Kwon Do since 1999. He began teaching yoga in 2010 after practicing with Nancy DL Hearty of Yoga Journeys to the Heart who specializes in Yoga for Scoliosis and Yoga for Back Care, and Gabriel Halpern of Yoga Circle. He has also added Tai Chi to his teaching schedule. He loves working with children, adolescents and adults and teaches them to seek greatness in their life and never settle for less than they can achieve. www.whitewolfacademy.com.



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Additional 4.5% transaction fee added for credit card payment

STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\$40 by **Friday, October 13, 2017**; \$50 thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN®
YOUR SELF

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