

Girls Empowerment Self-Defense Classes

Ages 8-16

FUN!



DYNAMIC!

- Develop Inner-Strength & Self-Esteem
 - Assertiveness skills
 - Self-Defense to stay safe



Offered by Kurukula®- an acclaimed empowerment program recognized for its work in the Bay area.

Classes now in Pleasanton!

Sign up at www.kurukula.org

“For every girl that takes our classes, another girl in the world is saved.”