

# Girls Self Reliance

C.V. Starr Community Center



Sigrud & Harry Spath Aquatic Facility

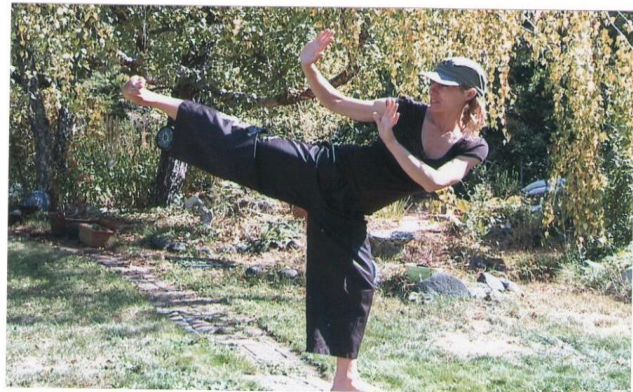
Girls you are powerful beyond imagination. This class is for those who want to access their whole “human instrument” to harmonize (not harm) their way through the “dance of life.” This class focuses on kickboxing, self-reliance, intuition, tai-chi and yoga.

SESSION DATES:  
2/20 –3/27,  
4/3 –5/8, 5/15 –6/19

SATURDAYS 12-1PM

COST: \$36 PER SESSION  
PRE-REGISTRATION REQUIRED

AGES:  
GIRLS & WOMEN OF ALL AGES



Instructor: Sally Wells



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