

Intro to Yoga

**Sunday, October 23; 11AM-1PM;
\$20**

This workshop will focus on the foundations and basic postures of yoga. If you've ever been interested in trying yoga, or want to work your way back in to a regular practice, this is a great seminar to explore. Enjoy a slow-paced practice where poses are broken down so you find comfort and correct positioning for your unique body.



**Pre-registration is
required for all
workshops.**

Peaceful Warrior Martial Arts & Healing Center

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**Peaceful Warrior
Specialty Workshops - 2016**

Health & Wellness

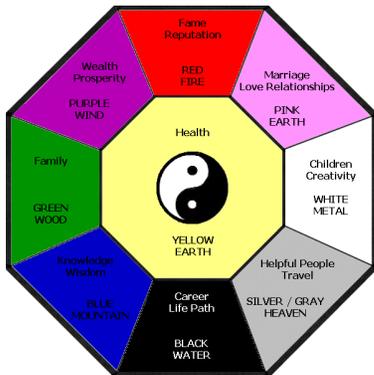
Personal
Development

Lifestyle Education

Intro to Feng Shui

Sunday, February 7; 11AM-1PM; \$20

Hang a wind chime to boost popularity. Never sit at your desk with your back to the door. These are just a couple of tips from the ancient Chinese philosophy used to create harmony with our environment and bring balance into our living and work spaces. This workshop focuses on creating optimal spaces to enhance health, wealth and happiness. Learn where your own personal auspicious locations are in your home and office, and how to maximize energy flow.



Aromatherapy: Make your own bath & body products

Sunday, April 24 11AM-1PM; \$40

The sense of smell is the #1 sense in the human body. Incorporating the healing scents of essential oils can stimulate creativity, induce

energy, increase productivity and reduce stress. In this fun and aromatic workshop, you will learn the healing properties of essential oils and their mind-body effects. You will also custom blend your own massage oil, salt/sugar scrub and lip balm. Making your own bath & body products is fun, cost-effective and uses all-natural ingredients that you can actually pronounce! All supplies included.



Women's Self Defense

**Tuesday, May 10; 6-8:30PM or
Saturday, November 19; 1-3:30PM;
\$30**

This powerful seminar teaches you to be your own first line of defense. Learn to carry yourself confidently, use everyday items as weapons, defend against a variety of attacks and holds, and use your powerful voice to

gain control. Ages 12 and up. No martial arts experience required.



QiGong for Health

**Sunday, September 18; 11AM-1PM;
\$20**

The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality and enhance the immune system. It has been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Many health care professionals recommend Qigong as an important form of alternative complementary medicine. This workshop will focus on a set of easy-to-learn movements that you can practice at home for self-care.

