

Peaceful Warrior Woman

Self Defense & Personal Safety Training



What is Peaceful Warrior Woman?

The World Health Organization has deemed violence against women the “shadow pandemic.” It doesn’t matter where you live, assaults are very common, and unfortunately, under-reported.

The Peaceful Warrior Woman program has been designed and is taught by Tiffany Richards, a survivor of domestic violence, martial arts black belt and self-defense expert with more than 25-years’ experience. Participants learn real-world techniques that are each tested under the most realistic conditions, awareness and how to recognize red flags & avoid conflict. While there is no fluff here, Tiffany creates a safe and controlled learning environment in which all women feel comfortable and accepted.

The program is a holistic approach to help teen girls and women step into their power and become resilient, assured and courageous.



Pricing:

We host two public **Peaceful Warrior Woman 101 Workshops** each year (spring and fall). The session is 2-hours in length. A minimum of 10 registrants is necessary. \$39 per registrant. Pre-registration is required.

We also host **Private Workshops** for groups, clubs and organizations. A minimum of 10 registrants is necessary. \$49 per registrant. A \$490 deposit is required. Please inquire to schedule your event.

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