

# Peaceful Warrior Woman

## Girl's Empowerment Workshop



### Strong. Confident. Safe.

This is the perfect program for girls 7-12 years of age. We'll spend an hour talking about confidence, awareness and inner power!

Attendees will learn simple and effective techniques to keep them safe, and if needed, to get away from a potential bad guy.

The difference in their demeanor from the start to the end of the workshop is always amazing!



### Your Instructor

Tiffany Richards has trained in martial arts since 1998 and holds a second-degree black belt. She has been featured on many news programs and magazines because of the success of this unique program and has worked with organizations such as The Girl Scouts of America.

**Duration** – 1 Hour

**Cost** - \$25 per attendee. Pre-registration required.

**Minimum 10 registrants**

