

# Women: Learn How to Stay Safe!

## Do You Know How to Stay Safe?

- What would you do if an attacker grabs you from behind?
- If someone has you pinned to the ground against your will?
- Or, if a stranger approaches you asking for help?

In this class you will learn not only basic physical strategies and techniques, but how to avoid and evade dangerous situations.



## Who Should Attend?

This class is for any woman who:



- Drives or travels alone
- Trains at a fitness gym
- Shops at the mall or grocery store
- Gets children in and out of the car
- Runs errands alone
- Exercises in a residential neighborhood
- Enjoys happy hour or a night out with the girls
- Works long hours leaving after dark
- Is a student walking alone on a College or High School Campus
- Is a Mother, Daughter, Grandma, Aunt or Niece... EVERY woman can benefit from this information!

**You CAN'T  
Get This  
Information  
Anywhere  
Else!**

**You MUST attend the “Tools for Personal Safety” Women’s Only Workshop! Saturday May 1<sup>st</sup>, 1 – 4pm.**

A great class for mothers and daughters or a group of friends, students or co-workers to take together. They will thank you for it! Cost: \$30 per person. Please wear comfortable clothes.

***SAVE \$5 when you BRING A FRIEND!***

“This class scratches the surface of the basics any woman needs to know to avoid confrontation or safety compromises and how to get out of some basic common scenarios that happen every day by predators. It’s a must!” Mindi L., San Diego

“I learned the power of leverage, not strength. The techniques were simple, do-able, and I came away with usable ideas. This valuable class gives details on how “predators” think and practical skills to any woman that wants to increase her arsenal of tools. She will feel safer and be safer in today’s world.” Nancy C., La Mesa

**Call #(858) 513-0034 to reserve your seat or register online at: [www.affirmationsbodyspa.com](http://www.affirmationsbodyspa.com)**

*Affirmations*  
BODYS SPA & YOGA STUDIO

### Class will be held at:

Affirmations BodySpa & Yoga Studio  
12234 Poway Road, Suite 200  
(Located above Jenny Craig)  
#858-513-0034

[www.affirmationsbodyspa.com](http://www.affirmationsbodyspa.com)

Class taught by  
Tony Whetstine:



**Poway Samurai  
Martial Arts**

[www.TheSamuraiSchool.com](http://www.TheSamuraiSchool.com)