



Valentine's Day Women's Self Defense
and Beginner's Yoga Class *with the ABWA*

February 14 from 6:00p-8:00p; Midlothian Conference Center

We are looking forward to bringing a wonderful educational evening to Midlothian. Black Belt, **Wade Buie**, 3rd Degree Black Belt, of ***Buie's Superkicks Karate***, will teach Self Defense so come prepared to kick, punch and grab!

Then relax and renew to end your evening with Yoga by **Lisa Ware**, RYT of ***Dynamic Yoga and Fitness Studio by Yoga 4 Love***. You will learn simple techniques to de-stress using the breath, beginner's yoga postures and experience final relaxation with aromatherapy.

Space is limited. Bring a yoga mat or towel, folded blanket, water bottle and an open mind!

Please RSVP to
abwainfo@gmail.com

This class is FREE for our community, so please tell your friends!

American Business Women's Association has a \$15 drop in meeting fee for non members.