



GetCourageTM

Self Defense Program For Women

Katrina Pelekanakis Yoga Studio – GetCourage Women’s Program



Created & Instructed by Sky Armstrong

The GetCourage Women's Program is a practical, complete self-defense course for women and teens ages 13 and up. **The goal is to teach the attitude and skills needed to lower your risk and defend yourself against date rape, kidnapping, sexual assault & other violence.** Through the training you will learn how to use a group of simple, effective physical actions when no other alternatives are available. These survival techniques are effective and easy to learn and remember. **You do not require strength, agility or previous experience.** Participants of the GetCourage Women's Program will learn the proper methods for using pepper spray and how to be aware of their surroundings. You will learn appropriate responses to aggression, ranging from verbal assertiveness to defensive actions against serious assault. You will be taught how to break free from wrist grabs and choke holds, being grabbed from the back or front, escape techniques, kick and hit combinations and, how not to be forced into a vehicle. **This 8-hour course** is a life long skill-building and enrichment program participants will use in their every day lives. **For more information regarding the program visit www.getcourage.com**

Location: Hanover Office Plaza
961 Marcon Blvd.
Allentown, 18109

When: Tuesday's -
May 24, 31
June 7, 14

Time: 6pm - 8pm

Cost: \$40.00 per participant

To register, call 610-360-2969 or email info@Katrinapyoga.com



Lehigh Valley International ABE

