



# Self - Development

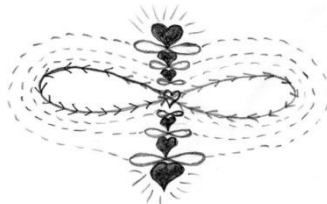


## INTEGRATED MARTIAL ARTS TRAINING

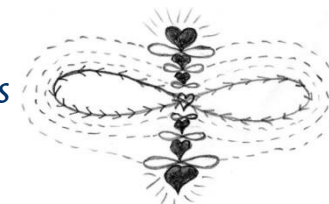
(An initiative of the Integrated Development Academy)

**MAIA Accredited Instructors:** *Michael Green and Tahnee MacKenzie*

The Integrated Academy combines an effective variety of skills and practices relating to the Martial Arts and Self-Development in all of its many forms.



- Focused on Health, WellBeing & Harmony of Mind, Body & Emotions
  - Increases Strength, Fitness, Flexibility and Muscle Tone
  - Great for Self-Defence, Self-Confidence and Self-Control
  - Develops Perseverance, Inspiration and Courage



### ★ COURAGE OF HEART.. HARMONY OF MIND ★

★ Men & Women, Boys & Girls of all ages welcome

★ Very friendly, welcoming and safe environment

★ Training lessons are on Monday's from 4:30 pm till 5:45 pm at the Integrated Wellbeing Centre (87 Islander Rd, Pialba)

★ Tuesday & Thursday Nights from 6 pm till 7:30 pm at the Dundowran Recreation Hall (Dundowran Rd)

★ Wednesday Nights from 6:45 pm till 8:30 pm at the Integrated Wellbeing Centre (87 Islander Rd, Pialba)

★ Other classes available on Mondays from 6 pm - 7 pm at the Burrum Heads Hall & Fridays from 6:30 pm - 7:45 pm

★ Personal Training sessions also available ★ Martial Arts/Health & Fitness Equipment available for sale ★

Class Prices are: Group classes range from \$6 to \$8 per session

Personal Training sessions = \$35 per hr Membership/Insurance fee only \$20 per year or \$12 per semester

Contact: *Michael Green* Phone: **4128 7891** or **040 299 2074**

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