



INTEGRATED MARTIAL ARTS



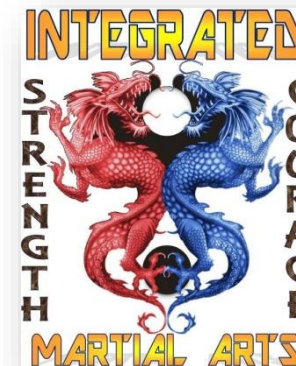
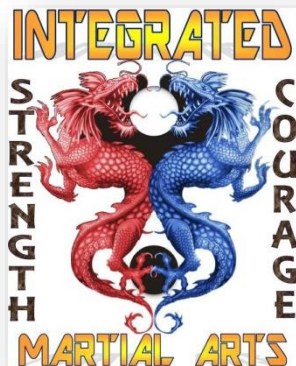
SELF~DEVELOPMENT

(An initiative of the Integrated Development Academy)

BLACK BELT INSTRUCTOR: TAHNEE MACKENZIE

★ **CLASSES ARE AVAILABLE
AT THE BURRUM HEADS HALL!**

★ *Safe, Friendly and Fun Environment* ★



VENUE: BURRUM HEADS COMMUNITY HALL

✦ **MONDAY NIGHTS FROM 6 PM TO 7:10 PM ✦ \$ 7**

✦ **FRIDAY NIGHTS FROM 6:30 PM TO 7:55 PM ✦ \$ 10**

- ✦ **GREAT FOR DEVELOPING INNER CONFIDENCE AND SELF~CONTROL ✦**
 - ✦ **ENCOURAGES HARMONY OF MIND, BODY AND EMOTIONS ✦**
 - ✦ **FOCUSES ON SELF~DEVELOPMENT AND PERSONAL GROWTH ✦**

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