



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**

- ✦ **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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