



# *Self – Development*



# INTEGRATED MARTIAL ARTS TRAINING

(An initiative of the Integrated Development Academy)

**MAIA Accredited Instructor:** *Michael Green*

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)

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

Class Prices are: Group classes are \$10 per session

Personal Training sessions = \$50 per hr Membership/Insurance fee only \$25 per year

Contact: **Michael Green** Phone: **4125 3997** or **0402 992 074**

Email: [integratedacademy@gmail.com](mailto:integratedacademy@gmail.com)

Website: [www.integratedacademy.com](http://www.integratedacademy.com)