

Self Defense

Friday, June 20, 2025, 1 – 2 p.m.
40 Montgomery St. NY 10002

Stay safe, stay strong, stay confident

- Learn practical techniques for real-world situations
- Increase awareness and de-escalation skills
- Build confidence and peace of mind
- Gentle, low-impact movements for all abilities
- Strengthen your balance to prevent falls
- Fun, supportive, and empowering environment



This session will take place during our CONNECT collective group. Everyone is welcome come learn how to protect yourself in a supportive, empowering environment!



**Capacity is limited. Contact Andres Burgos to RSVP,
email andresburgos59@gmail.com or call 929.422.9924**