

**SIXTH SENSE SELF DEFENCE PRESENTS  
PERSONAL PROTECTION WORKSHOPS AND SEMINARS  
FOR WOMEN AND GIRLS.**

# **OUR GIRLS WILL TAKE YOUR BREATH AWAY**

*Jeffrey Irwin*  
MINDSET IMAGES

**BOUNDARIES**

**JOIN US FOR A SELF-DEFENCE WORKSHOP  
SATURDAY MARCH 16, 10:30 a.m. - 12:00 p.m.**

**MAOA- McTavish Academy of Art - 1720 McTavish Rd. North Saanich  
\$55.00 pp includes tax - Register online at: [sixthsenseselfdefence.ca](http://sixthsenseselfdefence.ca)  
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