



An Immortal Sisters
Production

Laura Clark, with Cis Hager & Sue Overkamp

Invite You to experience:

The Yin & Yang of It

A Taiji Sisters experiential seminar of women's Qigong and a bridge of our Taiji practice with the reality based self defense system of WCKM (Women's Commando Krav Maga). This is a rare opportunity to practice with each other in a safe and confidential environment and in real time.

Fridays
January 9th & 16th

7- 9:30 p.m.

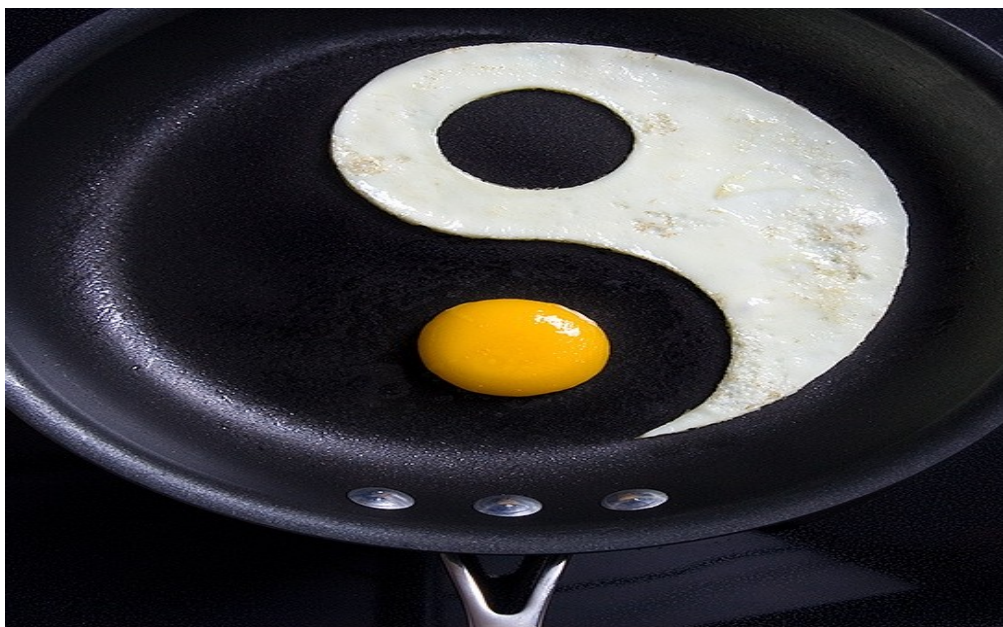
St. Louis
Self Defense & Fitness
9001 Manchester Rd.

On the north side of
the street between
Brentwood &
McKnight

\$45.00
cash

◆ Qigong for Women's Health

◆ Practical Women's Self Defense



Questions?

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Please wear comfortable
clothing and **tennis shoes**

An "egg"cellent opportunity to play with your sisters!