

# **SELF DEFENSE/SELF AWARENESS SEMINAR**

MUCH NEEDED KNOWLEDGE AND TRAINING TO KEEP UP  
WITH TODAY'S CHANGING WORLD



Malcolm Austin, Registered 3<sup>rd</sup> Degree Black Belt, AOK certified Referee,  
29 years' experience. Tai Chi and Meditation

**WHEN: Saturday November 10th 2018 2-3:30pm**

**WHERE: Dallas Meditation Center 810 W. Arapaho Rd. Suite 98  
Richardson, TX 75080**

**PRICE: \$90 PER PERSON, \$160 PER COUPLE**

**Please sign up and Prepay \$40 per person in advance to hold your  
spot! Either at the Center or by Contacting Malcolm Austin**

**Open to about age 10 and up**

For Pre-registration and more information, send email to [carate61@att.net](mailto:carate61@att.net)

Signing a liability waiver will be required.

Parent must accompany minors.