

GRLQUAKE: Shake it Up!

This weekend camp provides girls and young women 8-18 with life changing self-defense and empowerment skills and space to make “fierce” and positive friendships!

Strong age-appropriate self-defense skills will be taught along with art projects, journaling and peer group discussions stressing positive role modeling, appropriate boundaries, and how to make and be a good friend.

Campers sleep at home the first night and return the next day for self-defense training and team building. After a group-made dinner, we'll 'night hike' to further our personal journey towards compassion and confidence.

**APRIL 20TH FRIDAY EVENING 6:30-9PM, SATURDAY 9AM
THROUGH OVERNIGHT TO SUNDAY, APRIL 22ND 10 AM.**

Meals provided: Saturday lunch and dinner and Sunday breakfast.
Suggested tuition: \$200. (Sliding scale available to \$100.)

Sign-up online at www.studionaga.com/store or call with any questions.
This camp is open to absolute beginners and will be supportive to all!

