

Kali 4 Coordination Introduction
In-Studio Martial Arts 4-Week Series
Wednesday, June 5th – June 25th | 5:15-6 PM



Are you interested in cultivating better balance, rhythm, and balance?

How can Kali 4 Coordination help improve your physical and mental wellbeing?

Experience the Filipino Martial Art of Kali in this unique 45 minute class!

How can these classes benefit you?
Cultivate rhythm, balance, and mobility

Improve hand-eye coordination with movement patterns using padded sticks

Deepen your concentration while stimulating both hemispheres of the brain

What will you gain from these classes?
Develop confidence, team building skills and ignite your sense of humor as you center yourself mentally and physically.

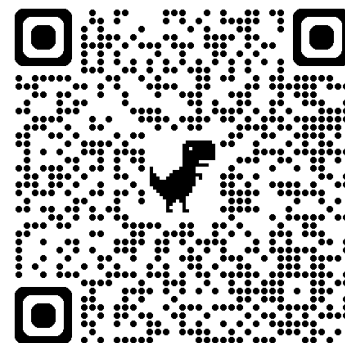
Who should attend these classes?
Everyone welcome – Join us!



5 Koshas
yoga and wellness



Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



FEE: \$45 for 4-Week Series!

What do I need? Please bring your water bottle. Wear comfortable clothing that is easy to move in!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com