



Ancient Design~Waking Dao invites ADULTS, TEENS, and CHILDREN to experience our unique programs that develops your inner awareness through movement and Chinese healing arts. Improve your overall physical fitness, heal the tendons and joints, and learn self defense skills in a safe and supportive environment. Instructors have over 35+ years of experience between them.

Join us for our Self Defense for Adults and Teens!

Monday evenings 6-8pm

Location: Churchill Park United Church Upstairs Gym 525 Beresford Ave., Winnipeg

\$60/month

****\$40/month for each additional friend or family member when you register together!**

We also offer a \$20 drop-in fee per class.

For more information, or to register, email: wakingdao@gmail.com

Or call: Sifu Kelly Whelan-Enns 204-509-4422 or Kellie Winzinowich at 204-996-0440