



**EKAL VIDYALAYA**  
A PEOPLE'S MOVEMENT

## **EKAL SELF DEFENSE ONLINE WORKSHOP**

This engaging self-defense class is designed to equip you with essential skills for staying safe. Led by Aarav Menon, an international Black Belt competitor, the practical weekly sessions teach effective real-life techniques. Over 5 weeks, you'll build a solid self-defense foundation, from situational awareness to striking. Spaces are limited, so enroll today!



**No Experience  
Needed!**

Both are the same classes, you choose what works for you!



**WEDNESDAY/SUNDAY**



**8PM-9PM (EDT)**



**JUNE 12TH - JULY 21ST  
2024**

**GET GOOD AT:**

- ✓ Defense + Counters
- ✓ Escapes
- ✓ Kicks
- ✓ Punches
- ✓ Take Downs

**For 10 years and older!**

**Instructor:  
Aarav Menon**

[aaravshahmenon@outlook.com](mailto:aaravshahmenon@outlook.com)

**5 SESSIONS**

**\$90**

**ALL PROCEEDS GO TO EKAL  
VIDYALAYA**