



WATERFRONT  
WELLNESS

# WELL DEFENSE

with Orondé Camara +  
Christina Dotson



Two-part self-defense series for women with experienced trainers, Oronde Camara and Christina Dotson. This is a great opportunity for all women, especially those heading overseas for school, university or travel.

In this course you will learn how to prevent unwanted situations, de-escalate confrontation and protect yourself if attacked.

## INCLUDES

- Assault Theory
- Self-defense techniques
- Make your own self-defense spray
- Exclusive video guide
- Free self-defense tool

## The details:

Saturday August 13th + 20th  
11AM at Waterfront Wellness  
Series Price: \$180

To sign up contact Christina [christina@waterfrontwellness.bm](mailto:christina@waterfrontwellness.bm)  
Pre-registration is essential

*Note: this is a hands on class where you will practice self-defense techniques on the instructor as well as each other. A negative antigen test will be required each morning.*