

TAEKWONDO

A close-up photograph of several Taekwondo belts in various colors (white, yellow, green, blue, red, black) is used as a background for the middle section of the flyer. The belts are coiled and layered, creating a sense of depth and texture.

Courtesy
Perseverance
Indomitable Spirit
Self Control
Integrity

TAEKWONDO WELLNESS

Join instructor Dr. Yoendry Torres, clinical psychologist, 4th Dan, in a unique, fun and proven approach for youth and adults that blends traditional Taekwondo's core principles and philosophy with student wellness goals.

Traditional Martial Arts:

- Aid in Stress Management
- Promote Self-Esteem & Confidence
- Decrease Aggression
- Help Manage Weight
- Improve Concentration
- Lower Anxiety
- Increase Self-Reliance & Optimism
- Emotional Regulation
- Compliance & Self Discipline

Group Class Details:

Location:

- Intuition Wellness: 5675 N Oracle Rd, Suite 3101

Time:

- Tuesdays & Thursdays | Ages 7 - 12 | 4:15pm - 5:15pm; Teens/Adults 13 and up | 5:15pm - 6:15pm

Cost:

- \$95 per month for unlimited group classes or \$20 per group class; sibling/family discounts available.

Taekwondo Wellness Core Curriculum

- Taekwondo Philosophy
- Poomsae (forms)
- One Step & Self Defense
- Olympic Style Sparring
- Board Breaking
- Physical Fitness
- Flexibility Training
- Psychoeducation & Mental Training
- Parent Coaching
- Meditation
- Body Awareness
- Fun

For More Information or to Enroll:

- Call 520-333-3320 to Register
- Visit us online: www.intuitionwellness.com

Cultivating healthy minds, bodies and spirits.

