



State of Mind Karate and Kickboxing

Starting
Monday 4
March!

@ Broom

Methodist Church &
Community Centre

4:30-5:30pm



Class for ages 5+

Call Natasha on 07554 427107

Visit

www.stateofmindkarate.com

**Learn Focus,
Discipline,
Respect & Self
Confidence**

"My son's confidence has really improved since he started training with State of Mind. He is only 5 years old, but is always treated with kindness and patience by Natasha and her colleagues. The classes are fun and engaging and there is never any pressure on the children, they are encouraged to progress at their own pace and above all to enjoy themselves!"