Saturday, March 12, 2016 • Noon-2:30 p.m.

“Cultivating Self-Empowerment Through Self-Awareness”
featuring Ismail Douglas

The workshop will focus on ways women can develop self-confidence, self-esteem and self-appreciation. Please come dressed in comfortable athletic attire to learn meditation and stretching techniques from instructor Ismail Douglas. Mr. Douglas teaches Tai Chi at the Zen Yoga Studio and Healing Arts Center. He also teaches Capoeira (African-Brazilian dance/martial art) at the Rainey Institute and is currently employed by the Cleveland Metropolitan School District.

“The sum total of your choices will equal the quality of your life.”
— Contae Bentley

Metropolitan Campus
Recreation Center (MRC), Room 22C
For more information, call 216-987-4527 or visit www.tri-c.edu/bac