

Classes for ages 3 to adult



Patience • Self-control • Honesty • Kindness • Strength • Manners
Confidence • Focus • Perseverance • Humility • Social Skills

TKD Fusion blends fun activities with character building lessons that will help your child succeed in school and in life.

Directed by Michelle Martin, ED.S., a licensed school psychologist and trained black belt, TKD Fusion incorporates yogic breathing, Brain Gym, Pilates, Mindfulness & Social Skills Training.

TKD Fusion has shown to help children focus, gain strength and reduce tension leading to better behavior. See client stories at www.insight-wellness.com



A dynamic program for all ages

THE INSIGHT DIFFERENCE:

- Small class size (8-12 max)
- Behavior monitoring and reward system
- No additional testing fees
- Mindfulness, social skills and goals
- Emphasis on skills and philosophy of martial arts.
- Directed by licensed school psychologist

Try a Class for FREE

New students can join anytime!
WINTER SPECIAL:

BEGINNERS
Thurs.: 4:30 pm
Sat: 10:00 am

(Two classes per week)

Register by March 10th
Receive a **FREE***

Uniform
(new students only)

FREE Uniform & Two Private Lessons

w/registration. New students only.
Value \$220; Expires March 10, 2018



25901 Emery Road, Cleveland, OH 44128

216-765-4470

www.insight-wellness.com



Insight Learning & Wellness Center does not discriminate on the basis of race, ethnicity, natural origin, religion, gender, sexual orientation, disability or ancestry.

Approved provider for the ODE Peterson & Autism Scholarship Programs