

SHOSEIAN PRESENTS

FLOW JITSU

Interested in learning a new approach to the art of grappling from a retired Navy SEAL who has "been there and done that" ? Join us with **Mikal Vega** as he shares his approach to grappling with an opponent and with our own challenges in life.



Register here!

When

Sunday, August 20, 2023 - 10 am to 1 pm

Cost: \$25

Pre-registration is required. Please register at glendaleteahouse.org or by scanning the QR code.

Where

Shoseian Teahouse, 1601 W Mountain St, Glendale, CA 91201

What to Wear

Loose fitting clothes that you won't mind getting grass marks on. Training will be conducted outside on the grass.



Friends of Shoseian is a non-profit IRC section 501(c)(3) organization
Contributions can be tax deductible under the IRC section 170.