



WenDo

Get to know:

Date: 13.12.16 Location: AK Asyl Time: 4 pm

Course:

Date: 20.12.16 Location: BellZett Time: 11 am-3 pm

Meeting: Time: 10.30 am Location: Ak Asyl

For questions or applications contact Lina Honens: mail: honens@ak-asyl.info Tel.: 0521 / 54651532



Wendo (Empowerment and self-defense for girls and women)

Wendo is a training of empowerment and self-defense for girls and women. It can help to get through uncomfortable situations.

This is what we practice in the training:

- to get in contact with your emotions and feel your own boundaries
- to set your own boundaries
- to handle uncomfortable and threatening situations and get through them, find alternatives and to not give up quickly
- to use posture, expression and voice to be clear
- to express ones NO
- to ask for help when needed
- to (re)discover and feel your own strength
- to use easy techniques of self-defense

This will also be part of the training: moving our bodies, having fun and relaxing.

Self-confidence and knowing one's own strength can contribute to the courage to defend oneself against violence.

Finanziert durch:



Bundesministerium
für Familie, Senioren, Frauen
und Jugend