

# HOSHIN JUTSU

法心

*A Japanese Martial Art*



*fun - dynamic - empowering - self defence - fitness - flexibility - energy work*

**Wednesdays + Fridays**  
**Hurstbridge**

**Teenagers: 6:00-7:00**

**Adults: 7:00-8:30**

*Sylph Hawkins : 0413 035 440*

*[www.RainingSpiritDojo.com.au](http://www.RainingSpiritDojo.com.au)*