

JUDO
SASK



JOIN US!
March 21-23

FEMALE RETREAT

Train



Spend the weekend training with olympian:
Ana Laura Portuondo Isasi

Laugh



Make memories with exciting activities and new friends!

Grow



Build confidence, strength, and empowerment on and off the mat!

FREE
FOR JUDO SASK
PARTICIPANTS



Register:

ACCESS THE TRACKIE LINK THROUGH
THE JUDO SASK EVENETS CALENDAR
[HTTPS://WWW.JUDOSASK.CA/EVENTS/EVENTS-CALENDAR.HTML](https://www.judosask.ca/events/events-calendar.html)



Join us for a weekend of judo, fun activities, and connection! Open to all ages and skill levels, this event offers exciting judo sessions, team-building activities, and the option for a fun sleepover or just join for the day! This is a no cost event. all food and activities will be covered!

Come improve your skills, make new friends, and enjoy a weekend of empowerment and fun. Don't miss out!



WHEN: March 21-23 **WHERE:** Moose Jaw SK - more info to come!

WHAT TO BRING:

- judo gi(s)
- judo belt
- workout shirts/shorts for under gi
- bathing suit
- hair ties/brush
- towel
- shampoo/conditioner and other toiletries
- medications
- water bottle
- indoor sandals
- t-shirt you don't mind getting wrecked (this will be worn during our craft!)
- pillow
- sleeping bag

See schedule: bit.ly/4fZuZX2

Questions?
contact Tallissa Edwards (tallissagedwards@hotmail.com)
or Dareth Woods (woodsdaeth@gmail.com)