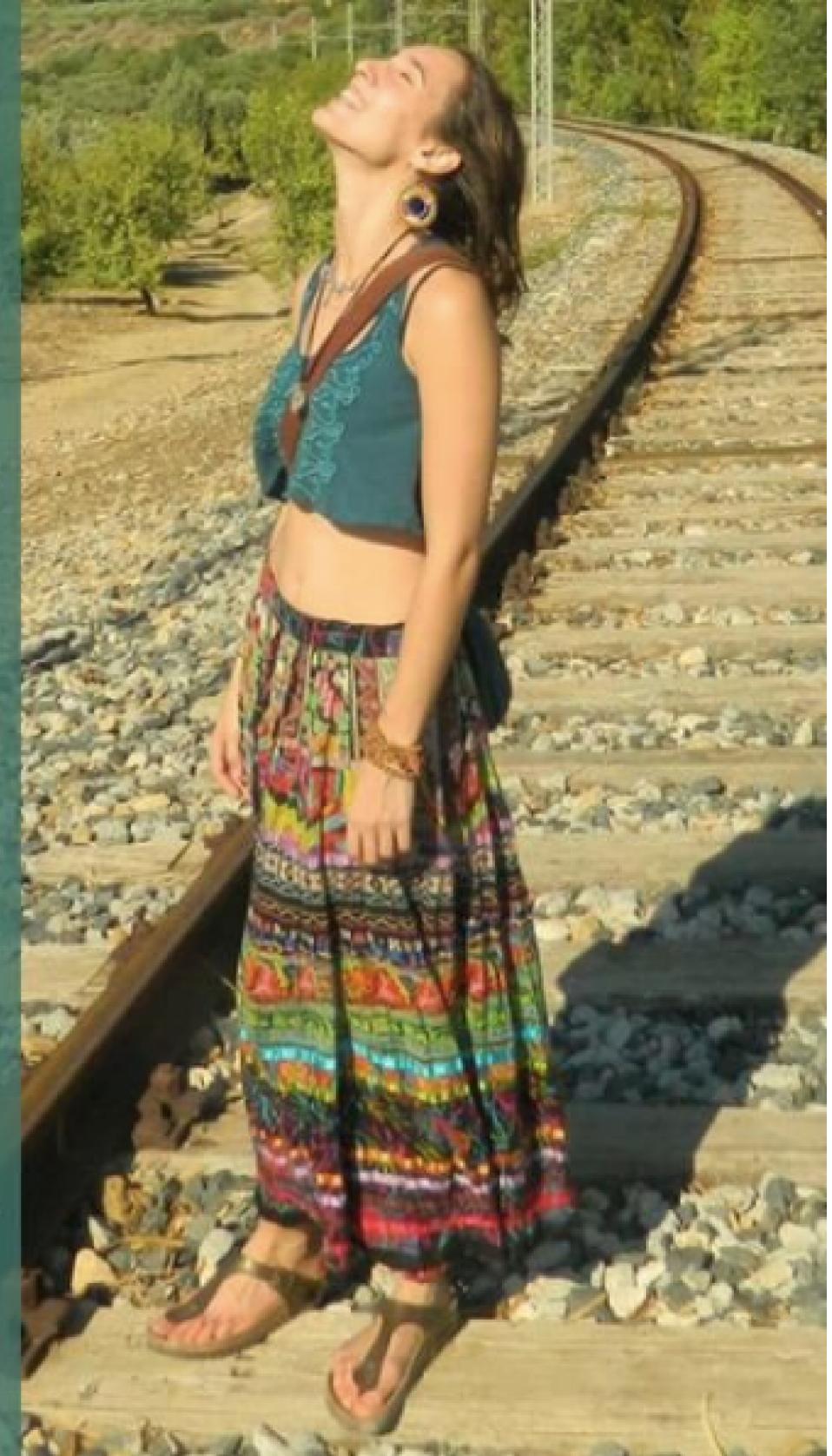
It is one of my missions in life to empower, support and inspire more women to move freely and fearlessly through the world Toby Israel,

2018 Camp Participant

ESD # GLOBAL



## EMPOWERMENT SELF-DEFENSE

CREATED BY WOMEN MARTIAL ARTISTS TO EMPOWER ALL OF US. SHARING PHYSICAL & VERBAL TECHNIQUES TO TRANSFORM THE VIOLENCE WE FACE EVERY DAY.

> WWW.TOBYISRAEL.ME WWW.ESDGLOBALSELFDEFENSE.ORG

We're transforming the conversation about violence and safety for women... and for everyone. We all deserve to feel safe and powerful in our bodies.

Empowerment Self-Defense was created by women Martial Artists who recognized that the "self defense" they were being taught was catered to how men fight men. They developed this method as a means to incorporate the social and cultural contexts specific to violence perpetrated against marginalized populations.

Toby Israel combines Empowerment Self-Defense techniques with yoga, breathwork, games and critical discussions for a uniquely empowering experience.

Facilitating a safe space to share and grow together, she guides participants to tap into their power, find their NO, and say YES to moving through the world with confidence and agency.

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