



Russian Martial Art

СИСТЕМА

WarriorsPathSystema.com

SYSTEMA: Learn to deal with life and grow from adversity.
A way of life, health, emotional strength and combat.

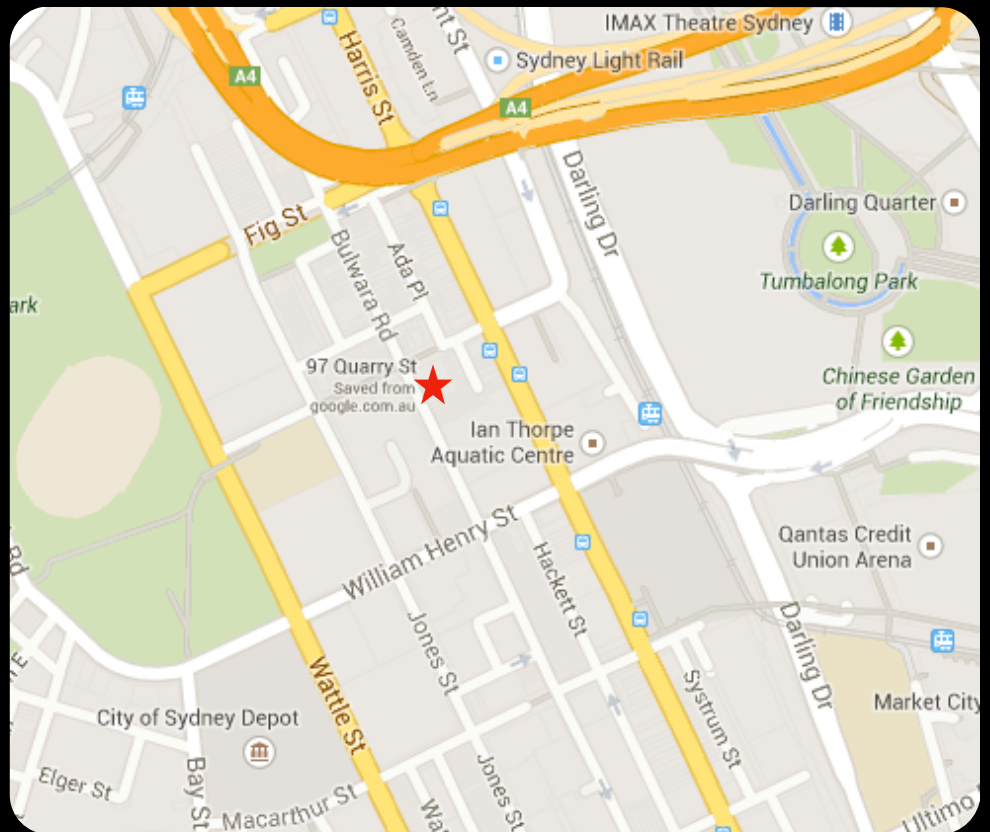
Breathing • Relaxation • Posture • Movement • Self-defence

**Mustard Seed
Uniting Church**

97 Quarry Street
Quarry St, Ultimo,
Sydney, NSW 2007

Class times

Tuesday: 7:00pm
Thursday: 7:00pm



Contact

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WarriorsPathSystema.com.co



**Mustard Seed
Uniting Church Ultimo**



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