

CORPORATE SELF-DEFENSE & PERSONAL SAFETY

COMING TO PORTLAND

This September — A Rare, Limited Opportunity

September 9 or 10 • Dates Flexible

The Back Rub Company's Corporate Self-Defense training is only offered in select cities — and this fall, we're bringing it straight to your team in Portland.



Tiffany
Founder & CEO



Kristi
Project Manager

60 YEARS OF COMBINED MARTIAL ARTS EXPERIENCE — IN THE ROOM WITH YOUR TEAM

Your Team Will Learn To:

- Project confidence in their demeanor
- Recognize and avoid hazardous situations
- Defuse potentially volatile encounters
- Use physical techniques tested for real efficacy
- Turn everyday items into self-defense tools

90-MINUTE SESSION

\$800

for up to 30 participants
+ \$250 per additional participant over 30

Want a full wellness day? Pair this with on-site chair massage for an experience your team won't stop talking about.