

**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/E  
VENTS-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:** Masonic Building 1755 Main North, Moose Jaw S6J 1L6

**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](https://bit.ly/4fZuZX2)

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