

WARRIOR WOMEN'S URBAN RETREAT

DATE: Saturday, November 20, 2021

TIME: 12:00 PM - 7:30 PM

VENUE: The Lodge Space120 Lower Road, London, England, SE16 2UB. ([map](#))

Add to Calendar: [Google Calendar](#) [ICS](#)



Following a 2 year break due to the pandemic, Budokon London is happy to bring back the popular Warrior Woman events! To celebrate our return, instead of the usual workshop style event... We are proud to be offering you a full 7-hour Urban Retreat, Jam-packed with great masterclasses! We call on all women to gather and share an inspiring experience of growth and community.

SCHEDULE (Subject to Change)

12pm - Registration

12.30pm - BUDOKON MOBILITY with Mia

1.10pm - INTRO' TO BRAZILIAN JUJITSU (NO GI) with "Rolling Storm"

1.50pm - CALISTHENICS with Clare

2.30pm - DANCE (TBC)

3.15pm - Break & Mind Science Session

4.30pm - STRIKING with Kate

5.15pm - BDK QUADRUPEDAL MOVEMENT PATTERNS with Team Budokon

6pm - DANCE with Laura

6.45pm - BUDOKON YOGA with Ely

