

# UCLA CENTER FOR THE STUDY OF WOMEN PRESENTS **THINKING GENDER** WORKSHOPS

## FIGHT LIKE A WOMAN with Marcus Kowal

**Cosponsored by Marcus Kowal and Systems Training Center**



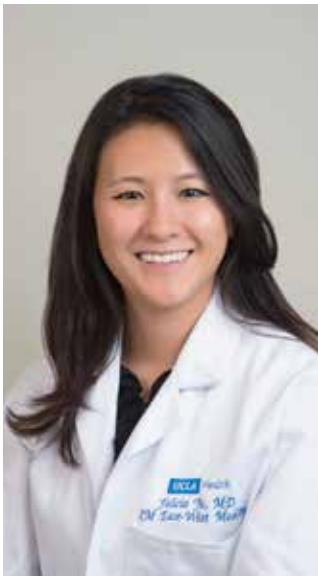
Krav Maga is the official self-defense training for the Israeli Defense Forces. Today, it is also the official self-defense system for U.S. law enforcement. It is popular because it is based on instinctive movements and techniques that are functional, regardless of size and gender. The workshop will discuss the practicality and thinking behind Krav Maga and the mental game in situations where self-defense is necessary. Workshop participants will receive one free week of training at Systems Training Center (<http://systemstrainingcenter.com>).

**INSTRUCTOR:** Marcus Kowal is a former Ranger (Special Forces) with the Swedish Military; pro kickboxer and MMA fighter; Golden Gloves Finalist Boxer; and 2nd degree Krav Maga Black Belt.

APRIL 24, 1:30 TO 2:30 PM

SALON A, COVEL COMMONS, UCLA

## ACUPRESSURE: MASSAGING YOUR WAY TO OPTIMAL HEALTH with Felicia Yu



Acupressure is a form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. It involves the application of manual pressure (usually with the fingertips) to specific points on the body. It is sometimes thought of as acupuncture without the needles. Acupressure points lie along meridians or energy channels within one's body. These points are stimulated in an effort to help restore balance in one's body. During this workshop, Dr. Yu will be showing participants how to stimulate their own acupressure points to alleviate such symptoms as pain, headache, nausea, menstrual cramps, abdominal pain, and insomnia.

**INSTRUCTOR:** Felicia Yu, M.D., is currently an East-West Primary Care Fellow at the UCLA Center for East-West Medicine. Her professional interests include preventive medicine, women's health, improving the quality of life for cancer patients and survivors, the mind-body connection, and educating patients on the

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WEST COAST ROOM, COVEL COMMONS, UCLA

*Attendance at the Thinking Gender conference panels and keynote address is free. A registration fee of \$35 provides access to the conference workshops, networking lunch, and keynote cocktail reception; you'll also receive a Thinking Gender tote bag and CSW coffee mug. For the complete program and updates, visit [www.csw.ucla.edu](http://www.csw.ucla.edu).*

**REGISTER TODAY!**

*Registration closes on April 20, 2015.*

<https://uclacsw.submittable.com>

**OPEN TO THE PUBLIC**