Personal Safety, Sexual Assault Avoidance and Self-Care
for
Journalists and Human Rights Defenders

Designed specifically for journalists, human rights defenders and other professionals who frequently operate in potentially hostile environments, this four-hour course is being offered for the first time in Washington, D.C. You have a choice of four different Sundays this spring. The studio is two blocks from either the Chinatown Metro or Metro Center.

Learn to:
• Reduce the risk of assault in different environments and situations
• Escape or avoid an assault, including sexual assault, whenever possible
• Practice self-care if you or others close to you are exposed to trauma
• Move from post traumatic stress to post traumatic growth

Spring 2012 Classes: Please pick any one Sunday afternoon this spring.
• Sunday - March 25, 2012 | 1pm - 5pm
• Sunday - April 22, 2012 | 1pm - 5pm
• Sunday - May 6, 2012 | 1pm - 5pm
• Sunday - May 20, 2012 | 1pm - 5pm

Price: The one-time, four-hour class is $115

For more information, please contact Sara Salam at:
Luminous Warrior (www.luminouswarrior.com/journalist-security)
520 10th Street, NW | 2nd Floor | Washington, DC 20004
(Two blocks from either the Chinatown Metro or Metro Center)
Tel. 202-670-7086 E-mail: Sara@luminouswarrior.com

Sara Salam is Director for personal safety, assault avoidance and self care training at Global Journalist Security, and the founder and executive director of Luminous Warrior. A Pakistani-German, Sara is a certified expert instructor of Krav Maga, an effective self-defense system that emphasizes instinctive movements, practical techniques, and realistic scenarios. Sara has also worked as a certified rape crisis counselor and has extensive experience in several self-care modalities. Sara’s approach integrates the physical, mental, emotional and spiritual aspects of self-care, as well as healing and empowerment.

Note: The course is not about fighting, but avoidance, escape & self-care.
Everyone —men and women— are encouraged to take the course.