

Moving Zen KARATE

The fun way to
develop character,
focus and balance!

Moving Zen Karate is a fun and enriching way to spend the summer and prepare for the school year! We help kids on the path of developing character contributing to confidence, awareness and happiness.

- Skills like: perseverance, self-control, self-respect, conscientiousness and curiosity
- Develop greater confidence and self-esteem
- Develop a strong, flexible body, tranquil mind and a resilient spirit
- Perform better in school, sports and all aspects of life

We teach a traditional Japanese martial art in a safe, supportive environment. Students will learn skills and philosophy in a practice that develops body, mind and spirit. The benefits are seen in all aspects of life – to perform and feel better, physically and mentally.

We are offering a special group class for 10-12 year olds in the Shutesbury school. Classes meet Tuesday, Thursday & Saturday in the Sensei Ken Bernstein's home dojo at 5 Hedgerow Lane, Amherst only 8 miles from Shutesbury Elementary School.

For details contact Moving Zen Karate or Kevin (Fox's Dad) Williams at 413-548-6796.

COME WATCH A CLASS



Sensei Ken Bernstein has been teaching karate for more than 40 years, contributing to many wonderful, high achieving students. Sensei Bernstein is a psychotherapist working with children, adults and families, with offices in Amherst and Belchertown.

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THIS IS NOT A SCHOOL SPONSORED EVENT