

The Heroes Circle – Virtual Martial Arts

Transitions, Recreation & Life Skills

What?

The Heroes Circle program, delivered by specially trained black belt martial artists, teaches children breathing, visualization, and relaxation techniques, in addition to traditional martial arts moves. The goal of The Heroes Circle is to empower children including those with pain, childhood disability, disease or traumatic experiences. The Heroes Circle is partnering with Holland Bloorview to offer a series of Heroes Circle sessions to clients of all abilities.



When?

Monday, July 11th – August 22nd *
5:30-6:30pm

**Note- there is no program on the Civic Holiday- August 1st*

Who?

- Holland Bloorview clients ages 7-14 years
- Able to participate in virtual group program for 45-60 minutes
- Able to attend to a task for a minimum of 5 minutes

Where?

This is a virtual program
Sensei Ilze van der Merwe will be teaching the program by **Zoom**

Cost: FREE

Registration: Eventbrite → [Click Here](#)

Participants must register to receive the weekly Zoom link for the program

If you have questions about this program please feel free to reach out:

CONTACT

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