



Rejuvenation Hour

Wednesdays Noon – 1:00 PM
(Starting July 22nd)

Optimal Health Center
1606 NE 37th Ave. PDX

<https://zoom.us/j/7161992869>

“What is the purpose and philosophy behind the martial arts? Rejuvenation and prolonging of life beyond the normal span.”

In Person or On-Line from Your Home or Work

Rejuvenate Yourself

Learn and practice the keys to rejuvenating your mind, body, and spirit.
Energize yourself by accessing the elements of nature and cultivating energy.



Key Benefits of Rejuvenation Training

- ❖ Increased energy
- ❖ Sharper attention
- ❖ Reduced stress
- ❖ Calm mind
- ❖ Physical healing
- ❖ Oneness with nature

Learn and Apply Rejuvenation Principles

Connect with the energy of nature

“Let energy flow through the whole body continuously.”

Breathe- Cultivate energy within

“Relaxed clear awareness of abdomen, the energy can be activated.”

Share energy with others

All Ages and Abilities Welcome



Prices: \$60/month Drop in- \$15/session Group/Agency rate- \$200/month

Instructor: Master Charles Smith (7th Degree, Soo Bahk Do)

To register contact: charles@portlandsoobahkdo.com (503) 502-2965