

**Would you like to see:  
Happier, Less Stressful, & More Productive Staff ?**

Hello,

My name is Dan Cuthbertson. I own and operate a Petaluma martial arts school (pamakarate.com). I have been helping children and adults for 40 years to become stronger and more confident in their physicality and mental focus.

I would like to offer a class on stress reduction that utilizes Tai Chi, Qigong (the medical healing aspect of Tai Chi), and Yoga. The class can be taken by anyone and does not need consistent attendance to keep up as the class does not require memorizing difficult sequences.

I teach the class on-site for the convenience of your employees. My availability is mornings and early afternoon. The cost is \$250 per each one hour class.

The benefits of this class vary, but I've had feedback that is very positive; such as "I look forward to the meditation each week", "I'm happier when I leave this class" and my favorite one, "Tuesdays are my favorite day because of this class".

Testimonial from current client:

*Dan has made stress reduction at work easy. His weekly 1 hour class is customized to meet our needs, with meditation, qigong and other tai chi style exercises to bring positive energy and a calm mind to our work environment.*

*It's easy because it's onsite, anyone can attend at any time, and we return to work more productive than before.*

*Teri Koreen*

*Vice President, Supply Chain Operations*

*teri.koreen@calix.com*

Thank you for your consideration. I look forward to meeting with you.  
Dan Cuthbertson. 707 787-7569.



**PETALUMA ACADEMY OF MARTIAL ARTS**

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**778-1069 [www.pamakarate.com](http://www.pamakarate.com)**