

East Bay Express

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**Tue 10/5/2007**

## **Fight Like a Girl**

As they go through life, girls and women are sometimes challenged to kick actual, physical ass. If and when the time should come, some skills are awfully handy, not to mention the confidence that having those skills will bring to various *non*violent situations. Dara Connolly has combined her considerable experience and knowledge of martial arts and yoga to create **Kurukula®** for Girls, an empowerment class cocktail of yoga, life-skills, and hands-on self-defense. **Kurukula** classes are available to young women aged nine and up throughout the Bay area. For more info visit [Kurukula.org](http://Kurukula.org) -- **Stefanie Kalem**