



# NIBLETT'S KARATE STUDIO

~ SINCE 1990 ~

GRAND MASTER ROBERT A. NIBLETT JR.



## MONDAY & WEDNESDAY

4:00 PM TIGERS ~ 4:45 PM FAMILY

5:45 PM ADVANCED

SATURDAY – 9 AM OPEN CLASS

7586 S. State St. (3rd Floor above NY Pizzeria), Lowville NY

## Qi Gong Class

Monday & Friday 9 AM  
Monday & Wednesday 7PM  
Private Lessons by Appointment

*Qigong* involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind.

For more info call: (315) 376-2620 or (315) 486-1545 (cell) | [www.niblettskaratestudio.com](http://www.niblettskaratestudio.com)



Scan with camera!



It's the Journey that Enlightens not the Destination



Scan with camera!