

# STRUCTURE AND POWER THRU RELAXATION

September 6-7, 2024  
Greater Asheville, NC

*"Systema is really a health system  
disguised as a martial art."*



**SYSTEMA SEMINAR  
with Bill Parravano**

## THREE SESSIONS

**Friday Afternoon-Evening**  
Internal Work: Structure thru  
Relaxation

### **Saturday Morning**

Internal Work: Power thru  
Relaxation

### **Saturday Afternoon**

Pravilo and Russian Health  
Practices

Dinner events both nights - see  
website for details



***For Details & Registration***

***Scan Code or Visit  
SovereigntyLab.com/Events***

