

Here's what our students are saying about Riverview Foundation's Adult Martial Arts Program

The Art

"Universal Movement as it is taught at Riverview helps guide students through their life's journey with the lessons of a peaceful martial art. The non-competitive nature of the Art allows for personal improvement in each class through the achievement of internal, personal goals rather than trying to adhere to an external standard."

Dr. Matthew Hand
Pediatric Nephrologist
Maine Medical Center

The Curriculum

"I feel the curriculum at Riverview is a life-long study. It is so varied as to not only improve one's physical condition and ability to defend one's self, but also to build health and character through training. After every class I feel I have not only received a good workout, but have learned important lessons which, little by little, have helped me grow as a human."

Anthony M. Alves
Major, USMC, Retired
International First Officer, Delta Airlines

The Teachers

"It's so wonderful to learn in an environment where the staff take their work as seriously and as professionally as I take mine."

Susan Frank,
Operating Room Nurse
Brighton Medical Center

The Facilities

"Riverview's ability to provide access to nature allows for the true essence of the martial arts to come through in their training."

Celia Grand,
Licensed Clinical Social Worker
Psychotherapist

Class Schedule

Topsham

Mondays and Wednesday, 7-8:30pm

Saturdays, 9:00-11:00am

South Portland

Tuesdays and Thursdays, 7-8:30pm

For more information or to schedule
a visit, please call - 729-7399



www.riverviewfoundation.com



Martial Arts Training Program For Adults



610 Augusta Road
Topsham, ME
207-729-7399

146 Ocean St.
South Portland, ME
207-799-1814

www.riverviewfoundation.com

What Is Unique About Riverview's Martial Arts Program for Adults?

The Art

Riverview teaches **Universal Movement**, a martial art that provides serious information for safety and health for adults. Emphasizing both hard and soft elements, it embraces ancient traditions and modern applications, internal, meditative components as well as physical, external skills. Universal Movement is about character - about developing true inner strength and courage for whatever your life demands of you.

Complete Training

The Curriculum

The Riverview Experience combines **comprehensive instruction with a carefully thought out, measured progression of detailed information**. Our school is non-competitive, so each student is given an opportunity to set and achieve personal goals without arbitrary stress or deadlines. We go beyond teaching individual techniques or practices, and focus on an approach that helps our students achieve their personal best.

Successful Learning

The Staff

Nineteen remarkably qualified teachers provide professional classes at Riverview. All teachers are professional adults with eight or more years of teaching experience at Riverview who are additionally certified through our AMT (Advanced Martial Training) Program. At least three of these teachers staff every class to help you learn at the right pace...your own!

Professional Results

The Facilities

Martial Arts Originated in Nature. . . Riverview has two primary facilities, one just across the Casco Bay Bridge in South Portland and the second our custom-built training hall in Topsham, minutes away from Bath, Brunswick and Freeport. Our Topsham facility includes 162 acres of training grounds, an obstacle course, miles of trails, access to two rivers and other facilities designed to give you a unique martial arts experience. Riverview students have access to both Dojos as well as our two wilderness training facilities in Northern Maine, where we regularly lead wilderness immersions for our students. Martial Arts originated in nature - we take you there.

Unique Opportunities

www.riverviewfoundation.com

