

REGIONAL LOK HUP WORKSHOP

Experience the Art of Lok Hup Ba Fa

Spencer Lodge – Scouts Canada

531 Windermere Road

London, N5X 2T1



Friday November 30th from 7 PM to 10 PM

Saturday December 1st from 9 AM to 10 PM

Sunday December 2nd from 9 AM to 4 PM

Cost: \$75 CTCA Members; \$125 Non-Members; Meals: \$40



The weekend workshop will focus on teaching the **second half of the Lok Hup set**. Participants must have already learned the first half of the Lok Hup set. The hall size is limited so please register to ensure your acceptance. Priority will be given to Academy members. The instructors will be Doug Nettleton and Mehrab Khan.

Accommodation is available within walking distance of the hall. Participants are responsible for making their own accommodation reservation. A group rate is available.

The Saturday Lunch (\$10 Catered Thai Menu), Saturday Dinner (\$20 Chinese Restaurant) and Sunday Lunch (\$10 Catered) will be a fixed menu. Vegetarian and Gluten Free options will be available. Please complete the registration form with your meal preference.

Contact us at: info@LondonTaiChi.ca or 226-270-8502

More Information at: www.LondonTaiChi.ca

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