

Lok Hup Ba Fa Workshop

Duncan/Chemainus Branch



Open the Body
Circulate the Chi
Deepen Your Practice

September 28 & 29, 2025

9:30am – 4:30pm

Crofton Community Center | 8104 Robert Street, Crofton, BC

Susan Carson – Teaching & Reviewing Part 1

Doug Overholt – Teaching & Reviewing Part 2

Cost is \$90 per person | Tea, morning snacks, and lunch included

[To register click here](#)



*“If your Lok Hup practice doesn’t lead to
enhanced understanding and ability in your tai chi form,
Master Moy would not consider that the Lok Hup had done its job.”*

Whether you’re returning or just starting, join us for two days of
connection, exploration, and deeper insight into your internal practice.

All are welcome – come ready to **move, learn, and transform!**

Questions? Ask Susan: **stensonbodytalk@gmail.com**