



Sunshine Coast

2025  
W  
O  
R  
K  
S  
H  
O  
P

# Lok Hup Ba Fa

*First and second half of set*

**Saturday, January 25<sup>th</sup>, 2025**

**9:30am to 4:00pm**

***Gibsons Legion***

747 Gibsons Way, Gibsons, BC V0N 1V9

\$50 per person

Coffee, Tea and Lunch provided

***Workshop will be led by  
Doug Overholt and Susan Carson.***

***No prior Lok Hup experience is required but  
students must have completed a beginners  
Tai Chi class.***

Please complete the attached registration form and follow the included instructions to register for the workshop. Please note any dietary restrictions or medical concerns on the form.



# CTCA Lok Hup Ba Fa 2025 Workshop

Workshop Registration Form

Gibsons Legion

747 Gibsons Way, Gibsons, BC V0N 1V9

Saturday January 25<sup>th</sup>, 2025

9:30am to 4pm

Name: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Best Phone Number: \_\_\_\_\_

I am a CTCA member:  CTCA location: \_\_\_\_\_

I will be attending:  January 25<sup>th</sup> -\$50

Dietary restrictions (lunches and snacks provided):

---

---

Medical Concerns (if any):

---

---

**Register by email:** Complete this form and email to [sechelt@canadiantaichiacademy.org](mailto:sechelt@canadiantaichiacademy.org). For payment, please mail the cheque to the address below. Sorry we do not have an e-transfer option.

**Register by mail:** Complete this form and make cheque payable to "Canadian Tai Chi Academy".  
Mail to: CTCA Sechelt Workshop, 987 Metcalfe Rd, Roberts Creek, BC, V0N2W4

**Register in Person:** Bring completed form with cheque or cash to any Tai Chi session in Sechelt or Roberts Creek.

### Voluntary Release and Waiver

I, \_\_\_\_\_ (print name), in consideration of my participation in activities of the Canadian Tai Chi Academy, hereby assume all risks for such involvement, for myself, my spouse, heirs, legal representation and assigns. I release and discharge the Canadian Tai Chi Academy, its affiliates, agents, officers and employees, from all liability, claims, demands, actions, and causes of action whatsoever, whether known, or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity.

I enter into the voluntary release and waiver willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the Canadian Tai Chi Academy from any liability arising from instruction or use of facilities and equipment, while engaging in the Academy's activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***Getting to Gibsons:*** For those traveling to Gibsons from off the Sunshine Coast, take the Langdale Ferry from Horseshoe Bay. The workshop is timed to facilitate travel on the 7:30 am Ferry from Horseshoe Bay to Langdale and the 5:25 pm Ferry from Langdale to Horseshoe Bay.

***Please note: this is a busy route, so Ferry reservations are highly recommended if traveling by vehicle. Reservations go quickly, so book soon.***

Those traveling as foot passengers can take BC Transit, Route 1 or 90. It is a 10 to 12 minute ride, plus a 6 minute walk to the Legion.