



LAU GAR GUARDIANS PRESENT

MEDITATION WORKSHOP

OPEN TO EVERYONE
NO PREVIOUS EXPERIENCE NEEDED

LED BY
MASTER JOHN RUSSELL

£25
PLEASE REGISTER ON THE FORM BELOW OR DOWNLOAD FORMS FROM WEBSITE

Learn to make the most of your skills through Meditation.

It's as simple as one, two three!

1. Remain calm and focused
2. Know what is happening around you
3. Respond in the most effective way

Whilst the course is aimed at Martial Artists it will benefit anyone in their everyday life and in any activity requiring mindful movement.

This workshop is OPEN TO ALL and no previous experience is necessary. However the course is also suitable for those with previous experience of meditation practice.

Students will have opportunity to ask questions throughout the day.

Please wear loose clothing and bring some food & water.

Please complete the application form and return it to the address shown. Applications will be accepted on the day.

Application <small>(Please use BLOCK CAPITALS)</small>	
Name:	
Date of Birth:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Address:	
Telephone:	Mobile:
Email:	
Instructor & Club:	
Payment	
Course Fee £25 <input type="checkbox"/> Cheque <input type="checkbox"/> Postal Order <i>Please make cheques payable to 'Lau Gar LTD' and send to;</i> BKFA, PO BOX 2586, Stafford, ST16 9AW	
Signed: <small>(If under 18 to be signed by a parent or guardian)</small>	Date:
Note: All monies paid are not returnable.	

SUNDAY 9th JULY 2017

12-4PM PENKRIDGE LEISURE CENTRE
CANNOCK ROAD, PENKRIDGE, STAFFORDSHIRE. ST19 5RX

www.laugar-kungfu.com