



# MEDITATION COURSE

## OPEN TO ALL

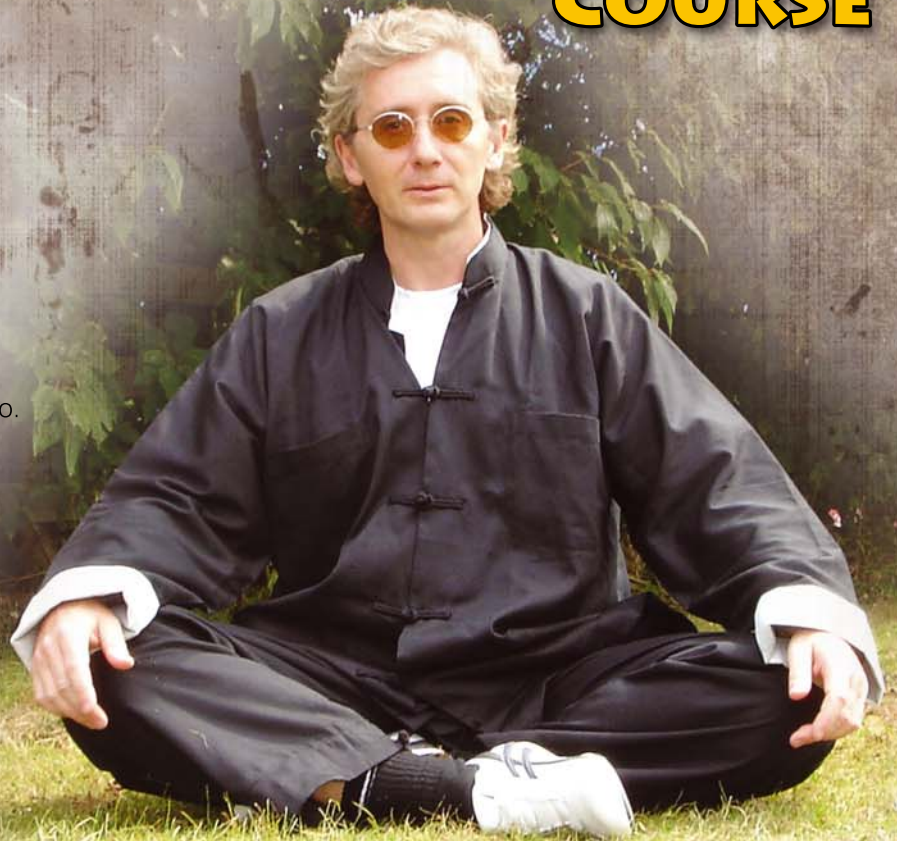
**NO PREVIOUS EXPERIENCE IS NEEDED,  
EVERYBODY IS WELCOME**

The course will cover everything needed for a solid grounding in the basic/ foundation practice of meditation.

It is suitable for those who have no previous experience of meditation as well as those who do.

By the end of the day you will have gained a valuable tool that can help you improve not only your martial art practice but also your life.

There will be plenty of opportunity to ask questions.



Training will be led by David Harris with support from the Lau Gar Guardians.

Please wear loose clothing and bring some food & water.

**NOTE:** You need to **Pre-Register** for this course, please visit the website for more information and an application form.



[www.laugar-kungfu.com](http://www.laugar-kungfu.com)

**SUNDAY 18TH JULY**

10.00am - 4.00pm

**NORTHERN DRAGONS  
MARTIAL ARTS ACADEMY**

45 Argyle St, Accrington. Lancashire, BB5 1DQ

**COURSE FEE £35**

**GUARDIAN CALENDAR**

**GUARDIAN CHALLENGE**  
Saturday 26th June



**SUMMER COURSE**  
1st - 7th August

**BKFA NATIONAL  
CHAMPIONSHIPS**  
Sunday 31st October

