



Charity **Self-Defence COURSE**

SATURDAY 18th September 2010

10am - 4pm - St Aldates Church Hall

Finlay Road, Gloucester GL4 6TN

(Situated between Finlay Rd. and Reservoir Rd)

**A course teaching practical Self-Defence techniques
with Lau Gar Guardians John Russell & Morag Quirk**

NO EXPERIENCE NECESSARY

This Course is OPEN to all members of the public

Course Fee £30 - All proceeds go to Charity - SHENPEN UK

**Funds raised will help maintain and develop the many projects
of Dzogchen Monastery and DSSCS, benefiting those in need.**

No registration necessary, just turn up.

Please bring a packed lunch and plenty of water

