

## Best Advertising

Unfortunately the Friday morning class in Clevedon Community Centre has now closed. This was simply due to low numbers. The minimum for a viable class is about 8 people attending. Many of you may now reflect that your class is often short of this. There are other factors involved and I do try to keep classes going even if the numbers are low.

In many years of teaching I have found the best method for advertising is word of mouth. So I am asking you to tell your friends and family about these classes. People are far more trusting of something they hear, especially when the practice is just standing still! I also carry leaflets for the classes. Please take some to put anywhere you visit; cafés, newsagents, hairdressers, social clubs, your community nurse etc. You know the local areas better than I ever will. You also know the local press better than me. Many papers will add details of classes if sent in by residents rather than professional organisers for some strange reason.

Let any health professionals you see know you come to class and give them a leaflet. It is always good that GP's, physios and consultants know there are active classes out there.

There are new classes starting in September including a chance to learn the Sword. Don't forget to invite friends and family to the Annual Demonstration and Party on 19<sup>th</sup> October. The times and venue remain the same.

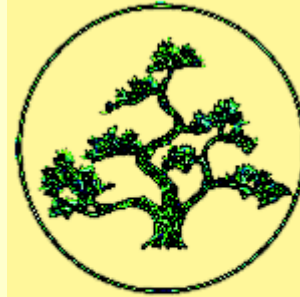
I try to make my classes as economic and accessible as possible. I also run them in a way that allows for intermittent attendance. I know you are busy, have fluctuations in your health, have medical and social appointments, families, go on holiday and have a life in general. I am always glad to see you when you come through the door. I appreciate when you let me know when you won't be attending. I may forget the reason, I don't forget the courtesy

Lastly, ask yourself what you enjoy and get out of the classes and if it is positive, LET OTHERS KNOW.

Thank you.

Tony Dove 07886630436 [standinglikeatree.co.uk](http://standinglikeatree.co.uk)

facebook- West Country Lam Association



# West Country Lam Association Summer 2013

## June Workshops 2013



Three Saturday mornings were dedicated to introducing the art of Da Cheng Chuan in Bristol. Practice, as always, was founded on Zhan Zhuang or Standing Like A Tree postures. Each of the following were visited as well as the history of the people and culture that generated, developed and passed this treasure forward.

The practice became deeper and more subtle each week. We stood still, moved, walked and tested each other's balance. By the final session everyone had a direct experience of the the stability generated through the martial side and the changes and feeling generated by the healing aspect of this elusive art .



**Look out for more workshops in 2014**