

West Country Lam Association Demonstration

Saturday 20th October 2012

The Campus, Locking Castle Weston S-M 2-4 pm

This will be our 6th annual demonstration. Continuing the usual format of about an hour's demonstration followed by shared food and conversation.

Traditional Chinese Martial Arts Schools have a family feel. All members are brothers and sisters. So take some time to meet your second family. Share our knowledge, skill and energy. Normally about 70 plus people come but this year I would like to encourage you to invite your other family members and friends.

There should be a raffle somewhere too. But please restrict gifts to one per class thanks ! All proceeds go to Sin Kai charity for educational opportunities in Guizhou Province in China.

Christmas Dinner

I know it is early but some students have asked about a Christmas meal this year. Possibilities include Water Sky or Dynasty in Bristol. If you have other ideas please give them to me. Ideal date would be Thursday 19th of December or perhaps the weekend before.

Please let me know if you are interested by the end of September so we can get numbers for a booking.

Lam Association Dinner

Sunday 2nd December

1 Hercules Rd LONDON SE1 7DP

Two great opportunities in one event. Firstly there is a chance to see some of Master Lam's senior students demonstrate their skills. Secondly you can enjoy meet people from all over the world who practice these beautiful arts. All this plus some great food.

Tickets available now from Sifu Dove £16 (£14 for members.)

Diary Dates		
August 27	Mon	No Classes Bank holiday
Sep 7-9	Fri-sun	Weekend workshop Beacon Bank Farm (No afternoon classes on the Friday)
October 20	Sat	Annual demonstration and get together
Dec 2	Sun	Lam Association Demonstration London
Dec 3-8	1 week	No classes
Dec 21	2 Weeks	Last class of 2012 will be Friday 21 December

September Weekend Workshop

September 7th to 9th

Beacon Bank Farm Stafford.

Places are still available for the weekend. The training includes six hours of physical exercise and two evening lectures. The sessions are spaced with breaks and refreshments as it is not wise to get too tired when training. There is also plenty of informal time to ask questions and share ideas.

Beacon Bank Farm is a Buddhist retreat centre and has an energy of its own. Training here brings its own direct benefits. The food is all vegetarian and much is grown in their own garden.

So if you fancy a complete energy recharge then book now.

Inclusive cost for the weekend is £175