

Master Lam Workshops in Europe

This is a list of some of the workshops organised by other teachers of the Lam association in Europe.

Date	Venue	Cost	Hotel Cost
Tarik Tekman , North Cyprus			
25- 26 May	Nicosia, Cyprus	E200	E40-45 per day
Peter Den Dekker . Amsterdam, Netherlands			
June. 2	Amsterdam Basic Level	E110	?
June. 3	Amsterdam Intermediate	E220	?
Alex Stroeber , Freiberg, Germany			
14-16 June	Naturhotel Morhen	E250	E250 for 3 days
Thomas Apfel , Nurenberg, Germany			
21-23 June	Gemeindehaus Petersaurach	E250	E50-75 per day

All of these workshops are taught by Master Lam and are a great opportunity to deepen your practice, understanding, and possibly your stance!

They are also excellent for meeting and getting to know other people from other cultures who practice this art.

If you are interested in going then please contact me for contact details and an introduction to the relevant teacher. Chinese martial art etiquette is based in a formality which allows all involved to show respect and trust to each other. Important qualities for happy family life and essential in a student-teacher relationship.

Diary Dates

27 th May	Mon	No Classes
1 st June	Sat	Zhan Zhuang Workshop
15 th June	Sat	Zhan Zhuang Workshop
29 th June	Sat	Zhan Zhuang Workshop
24 th July	2 Weeks	No Classes
7 th August		
20-22 Sept	Fri-Sun	Weekend Workshop

Summer Zhan Zhuang Workshops

Saturdays June 1, 15, 29 Bristol Steiner School, Redland

Three mornings exploring Zhan Zhuang from foundation through building to consolidation. Each workshop will have a separate focus but also develop on the previous practice to give a thorough grounding in this subtle art. Ideal for beginners and those with more experience alike. Limited numbers.

Cost is £25 per morning or £60 for all three

Autumn Zhan Zhuang Residential Workshop

September 20-22, Beacon Bank Farm, Stafford

Come and enjoy a weekend of Zhan Zhuang practice and lectures led by Sifu Dove. Set in beautiful surroundings with excellent food in this Buddhist retreat centre. Places are very limited so please book early.

Fully inclusive cost £200