

West Country Lam Association Annual Demonstration 2012

About 80 or more people attended, shared food and demonstrated in this year's event. Pictures are already up on Facebook if you haven't seen them then take a look. Developing from last year's event we were privy to the Small Circle form being demonstrated in a group circle, Lam Style Tai Chi sticky hands and Ball form, Golden Ball, Ba Duan Gin, advanced Zhan Zhuang and some structure testing. The energy in the hall was palpable. The finale was a demonstration by Sifu Dove of the Broad Sword. And of course there was the raffle. Thanks to all you gave so generously to the Sin Kai Trust



Tony Dove 07886630436 standinglikeatree.co.uk

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West Country Lam Association Winter 2012

Master Lam Workshop in Bristol 2013

Sunday 24th and Monday 25th February

Marriott Royal Hotel College Green Bristol

We look forward to Master Lam visiting Bristol again next year. Earlier this year we were lucky to receive a wide range of teaching including Zhan Zhuang, a Group Healing Circle, Dao Yin and Paired Circling Hands. The day was part seated for those who needed it with ample breaks for refreshments. The format will be similar next year but with two individual days.

This is a rare opportunity to experience direct teaching from a true Master of Chinese Healing and Martial Arts.

To allow for a more personal training experience spaces are limited to 30. The workshop costs £90 for one day or £160 for two. Book early to avoid disappointment.