



Learn Lok Hup in Toowoomba Weekend Workshop 17-18 AUGUST 2019



像睡想祖老搏陳

Chen Hsi I

Chen Hsi-I, a Taoist sage living around the 9th century, was the founder of Lok Hup.



The Lok Hup form consists of 66 movements that are noteworthy for their graceful, spiral turning. The movements may be regarded as an intensifier of the turning and stretching effects that are already familiar through the practice of our 108-move Taoist Tai Chi™ form. The health-giving effects of Lok Hup are most beneficial and practice of Lok Hup improves one's understanding of Tai Chi. ***This workshop will teach the first 31 moves.***

When

17-18 AUGUST 2019

Saturday 9:30pm to 5:30pm

Sunday 9:00am to 2:00pm

Where

10-12 Gregory Street, Toowoomba

Cost

\$220 inc GST

Meals

Lunches - included in base cost

Saturday evening dinner - \$15 optional

Register

Please Register ASAP or by 30 June

REGISTRATION FORM ► www.taoist.org.au click on Workshops
EMAIL ► toowoomba@taoist.org CALL ► 4638 5009