

REGIONAL LOK HUP WORKSHOP

Experience the Art of Lok Hup Ba Fa

Spencer Lodge – Scouts Canada

531 Windermere Road

London, N5X 2T1



Friday November 30th from 7 PM to 10 PM

Saturday December 1st from 9 AM to 10 PM

Sunday December 2nd from 9 AM to 4 PM

Cost: \$75 CTCA Members; \$125 Non-Members; Meals: \$40



The weekend workshop will focus on teaching the **second half of the Lok Hup set**. Participants must have already learned the first half of the Lok Hup set. The hall size is limited so please register to ensure your acceptance. Priority will be given to Academy members. The instructors will be Doug Nettleton and Mehrab Khan.

Accommodation is available within walking distance of the hall. Participants are responsible for making their own accommodation reservation. A group rate is available.

The Saturday Lunch (\$10 Catered Thai Menu), Saturday Dinner (\$20 Chinese Restaurant) and Sunday Lunch (\$10 Catered) will be a fixed menu. Vegetarian and Gluten Free options will be available. Please complete the registration form with your meal preference.

Contact us at: info@LondonTaiChi.ca or 226-270-8502

More Information at: www.LondonTaiChi.ca

Follow us on Facebook

www.facebook.com/canadiantaichiacademylondon/



Registration Form

Regional Lok Hup Workshop
London: Nov 30 to Dec 2 2018

Name: _____

Email: _____

Branch: _____

Phone: _____

Transportation (contact us if you need pickup from station/airport):

Own Vehicle Bus Train Plane Other

Date/Time Arriving: _____

Date/Time Departing: _____

Accommodation (ask for the group rate at the Ivey Leadership Centre or the Guest House):

Ivey Spencer Leadership Centre Guest House on the Mount Windermere Manor
 Holiday Inn Express Downtown Other: _____ Not required

Meals (Please check all attending): Lunch \$10, Dinner \$20

Saturday Lunch Saturday Dinner Sunday Lunch

Special Diet (Please check any that apply):

Vegetarian Gluten Free Other: _____

Program Itinerary:

Friday Nov. 30

6:30 PM Registration
7:00 PM 1st Half Set Review
10:00 PM Rest and Recover

Saturday Dec. 1

9:00 AM Registration
9:30 AM 2nd Half Instruction
10:30 AM Coffee/Snack Break
11:00 AM Instruction
12:00 PM Meditation
12:30 PM Lunch (Catered on-site)
1:30 PM Instruction
3:30 PM Tea/Snack Break
4:00 PM Instruction
5:15 PM Meditation
6:00 PM Dinner (Local Chinese Restaurant)
7:30 PM Instruction
9:30 PM Meditation
10:00 PM Rest and Recover

Sunday Dec. 2

9:00 AM 2nd Half Instruction
10:30 AM Coffee/Snack Break
11:00 PM Instruction
12:00 PM Meditation
12:30 PM Lunch (Catered on-site)
1:30 PM Instruction
4:00 PM Farwell / Safe Journey

Questions? Contact us at: info@LondonTaiChi.ca or 226-270-8502

Accommodation Information

Regional Lok Hup Workshop
London: Nov 30 to Dec 2 2018

Ivey Spencer Leadership Centre

Address: 551 Windermere Road, London, ON, N5X 2T1

Phone: (519) 679-4546; Email: spstaff@ivey.uwo.ca

Website: <https://www.wyndhamhotels.com/dolce/london-ontario/ivey-spencer-centre/overview>

Queen Bed - Group Rate: \$128/night; \$15 Breakfast extra

Booking Link: <https://book.passkey.com/go/CanadianTaiChiAcademy>

Block of rooms at the group rate will be available until October 26, 2018

Guest House on the Mount

Address: 1480 Richmond Street, London, ON, N6G 2M3

Phone: (519) 641-8100, Toll Free (855)806-0186; Email: info@guesthouseonthemount.ca

Website: <http://guesthouseonthemount.ca/>

Queen Bed with Full Bath: \$89/night

2 Single Beds or Queen Bed with ½ Bathroom: \$75/night

1 Single Bed or Queen Bed dormitory bathroom: \$59/night

Windermere Manor

Address: 200 Collip Circle, London, ON, N6G 4X8

Phone: (519) 858-1391

Website: <https://windermeremanor.com/>

Holiday Inn Express & Suites: London Downtown

Address: 374 Dundas Street, London, Ontario, N6B 1V7

Phone: (519)661-0233 1-877-660-8550; Email: info@ldnhix.ca

Website: <https://www.ihg.com/holidayinnexpress/hotels/us/en/london/yxues/hoteldetail>

Single Queen and Two Queen rooms available: \$140/night (includes breakfast and parking); Sunday \$125

Booking Link: [https://www.hiexpress.com/redirect?path=event-](https://www.hiexpress.com/redirect?path=event-facilities&brandCode=EX&localeCode=en®ionCode=1&hotelCode=YXUES& PMID=99801505&GPC=CTC&viewfullsite=true)

[facilities&brandCode=EX&localeCode=en®ionCode=1&hotelCode=YXUES& PMID=99801505&GPC=CTC&viewfullsite=true](https://www.hiexpress.com/redirect?path=event-facilities&brandCode=EX&localeCode=en®ionCode=1&hotelCode=YXUES& PMID=99801505&GPC=CTC&viewfullsite=true)

6.2 km from Spencer Lodge (~11 minutes)

Google Search:

https://www.google.ca/search?q=hotel+near+531+Windermere+road+london+ontario&rflfq=1&rlha=1&rla=0&rlhsc=ChYI4d66jMq pqbKpAQjmo9zC74is7_oBMAI&rlag=43016465,-81271995,963&tbm=lcl &hotel_occupancy=1#rifi=hd:2018-11-30,2018-12-02

Venue Location:

Spencer Lodge – Scouts Canada

531 Windermere Road

London, Ontario, N5X 2T1



Canadian Tai Chi Academy

Unit 203B, 1220 Stellar Drive
Newmarket, Ontario, L3Y 7B9
289-366-9956

Regional Lok Hup Workshop – London Branch

November 30, December 1, December 2 2018

Voluntary Release and Waiver In consideration for being permitted by Canadian Tai Chi Academy to participate in the Academy's Activities, I _____ (print name), for myself, my spouse, heirs, legal representatives and assigns, hereby assume all risks for such involvement, and release and discharge the Canadian Tai Chi Academy, its affiliates, agents, officers, and employees, from all liability, claims, demands, actions and causes of action whatsoever, whether known or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity. I enter into this VOLUNTARY RELEASE & WAIVER willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the Canadian Tai Chi Academy from any liability arising from instruction or use of facilities and equipment while engaging in the Academy's activities.

Participant Signature _____

Date _____

(Signature of Parent or Legal Guardian Required if Student Is Less Than 18 Years of Age)

Participant Contact Information

Name: _____

Street Address: _____

City/Province: _____

Postal Code: _____

Emergency Contact

Name: _____

Phone: _____

Relationship: _____

Send Completed Forms:

Scan/Email: info@LondonTaiChi.ca

Fax: 226-270-8502

Mail: CTCA – London Branch

37 Beaconsfield Ave

LONDON, Ontario, N6C 1B6