

# Lok Hup Ba Fa Workshop

Frí, Sat, Sun 9, 10 & 11 February 2018

By Hanneke Verduyn

*Lok Hup Ba Fa literally translates as 'Six Harmonies Eight Methods'. Sometimes it is called 'Water Boxing' because it is soft like water and has the power of the water. Some moves depict power and strength, others are soothing and soft.*



健身



Kin San Tai Chi



Location	To be decided (in Wassenaar or The Hague) details will follow
Meals	Tea, coffee, snacks & vegetarian lunch included
Prices	€ 160 three days, € 110 two days, € 60 one day
Program	All days 10am - 5pm
Registration	Hanneke Verduyn, tel. 06 44570694/e-mail: <a href="mailto:j.m.verduyn@planet.nl">j.m.verduyn@planet.nl</a>



*While Lokhupbafa is difficult to learn and even more difficult to perfect, patience and diligent practice are well rewarded. It challenges students with a variety of intricate movements. It quickly helps them to open up body channels for all the circulations to flow freely. In this way, we believe, it lets the body and internal organs repair and renew themselves.*