

# Zen Warrior Retreat

24 - 26 March 2017

## Weekend Programme of Workshops & Masterclasses

### With Sensei Beko Kaygee

International presenter Beko Kaygee has been promoting Exercise, Dance, Martial Arts and Holistic Health for over 22 years. He has produced several fitness and education videos, written for a variety of mainstream and online health magazines and his personal fitness creations include YogaVibes™, Capoeira Fitness, 'Bend it with Beko' and Blade – the movie inspired sword fighting workout. Beko emphasizes fun, safety and accessibility for all. Beko is currently the UK Director for Budokon and authorized to promote the brand internationally.

DAY/DATE	TIME	SESSION	PRICE
Friday 24th:	1900 - 2030	Dynamic Chi Flow Yoga – Workshop (Chi Kung, Yoga and Tai Chi Fusion)	£20
Saturday 25th:	0800 - 0915	Chi Kung – Masterclass	£15
	1030 - 1230	BDK Yoga – Workshop (Lunch)	£20
	1430 - 1545	Capoeira Fitness – Masterclass	£15
	1600 - 1715	Tai Chi Chuan - Masterclass	£15
Sunday 26th:	1000 - 1200	BDK Mixed Movement Arts – Workshop (Lunch)	£20
	1430 - 1600	BDK – Animal Locomotion – Workshop	£20
	1630 - 1800	Tribal Yoga – Masterclass	£15

#### PRICING

Masterclasses = £15, Workshops = £20, ALL 8 Sessions = £100

**Package Deal Ticket which gives you access to ALL sessions over the week-end = £100**