

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:	1800 – 2000	Tribal Yoga - Workshop	£20
Saturday 25th:	0800 - 0915	Chi Kung – Masterclass	£15
	1045 – 1245 (Lunch)	Dynamic Chi Flow Yoga – Workshop (Chi Kung, Yoga and Tai Chi Fusion)	£20
	1430 - 1600	Capoeira Fitness – Masterclass	£15
	1630 - 1800	Tai Chi Chuan - Masterclass	£15

Dinner at The Ziggurat Hotel

Sunday 26th:	0900 – 1230	BDK Mixed Movement Arts – Workshop With Animal Locomotion	£40
	(Lunch)		
	1800 – 2000	BDK Yoga – Workshop	£20

PRICING

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

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