

Body & Mind Training Institute
Yearly Gathering

Friends and followers, we have decided to gather together to get to know each other through To'a techniques while discussing and working on them in the summer of 2013 in Paris, France.
The gathering is going to run for one week from August 3rd, 2013.
The courses will be for improving the quality and unity of Kung Fu To'a techniques.

- **Proper warm ups and body conditioning plus first aid regulations**
- **Basic (Classic) Kung Fu To'a techniques**
- **Stage of Anattawa**
- **Stage of Atado**
- **Explanation and discussion of Classical and Free Fight of Kung Fu To'a**
- **Philosophy and Zen discussion of Kung Fu To'a**
- **Rekeima - Demonstration and Discussion**

This gathering will happen in suburban Paris and the venue will feature all sporting equipment, pool, sauna, jacuzzi, restaurant, inside gym and outside field.

Prices:
All of the courses with Master Jalilzadeh and other masters will be free.
The participants only pay 550 Euro for the hotel room and 3 meals a day. All other expenses would be on your own.

Deadline of the registration is June 1st.
Because of the limitation of space, please register as soon as possible.

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