

NO THEORY
NO TASKS
ENJOY A DAY OF
LABAN MOVEMENT

BOOK YOUR PLACE
£28 including LUNCH

Closing date for bookings
Friday 1st May 2008
Only 50 places available
so Book EARLY !

Doors open at 9.45am	
Registration & Welcome	10.00 am
Final Get Together	4.30 pm

A Buffet Lunch will be served, tea & coffee will be provided during the morning and afternoon breaks.

Please bring your own water

Send your Booking Form to
Rene Johnstone
54 Ingaway
Lee Chapel South
Basildon, Essex, SS16 5QR

Email: rene.stan1@btinternet.com

Need more forms?
Download from our website or contact Rene.

Eastern Counties Website:
www.easterncountieskfa.org.uk

BOOKING FORM

Name
Address
Post Code
Email
Tel No
Emergency Contact No
EC Area
KFA Membership No.
EC .
Please enclose 1. Cheque for £28.00 payable to ECKFA 2. SAE for receipt



Advanced Movement Day
Saturday June 21st

SESSIONS TUTORED BY

Gilly Martin - South East KFA

The KFA became a part of my life when my son was born 38 years ago. I have been teaching since 1977 & training since 1991. With my ongoing classes, training invitations & demonstrations as a performer & producer, Keep Fit has given me much pleasure & a great many friends.

Sue Bennett - E Midlands KFA

Converted from a tomboy to trainer by the KFA I hated dance as a child and was happier climbing ropes and playing hockey. Dragged into attending a KFA class where the teacher used skipping ropes. Loved it from the first lesson and have not looked back since. My movement skills and knowledge have all been via the Laban route so truly I am KFA through and through

You will have 4 Hours of
Laban Movement
2 Hours with each Tutor
offering you stimulating sessions,
new ideas & challenges

Cambridgeshire

Bedfordshire

Hertfordshire

Peterborough

Norfolk

North Essex

South Essex

South East Essex

South West Essex

Suffolk

**ADULT COMMUNITY COLLEGE
WILSON MARRIAGE
BARRACK STREET
COLCHESTER
ESSEX C01 2LR**

JOIN US
**TRAINERS TEACHERS &
EXPERIENCED CLASS MEMBERS**

**A Challenging Motivating
Day of Laban Movement**



**EASTERN COUNTIES
TRAINING & DEVELOPMENT
PARTNERSHIP**