

**NO THEORY
NO TASKS**
Enjoy a day of
advanced Laban
movement

BOOK YOUR PLACE

FOR JUST £28

Closing date for bookings
Friday 24th September 2010
Only 40 places available this
year. So book EARLY!

Doors open at 9.45am

Registration
and welcome

10.00am

1st session

10.15am

Final get together
& prize draw

4.20pm

*A buffet lunch is included.
Tea & coffee available 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
Tel: 01268 41825

Email: rene.stan1@btinternet.com

Download extra forms if required
www.easterncountieskfa.org.uk



Keep Fit Association
Eastern Counties Region

BOOKING FORM

Name

Address

Post Code

Email address

Tick for an email receipt

Tel No

Emergency
Contact No

EC Area

KFA Membership number

Trainer / Teacher

Class member

Please enclose

1. Cheque for £28.00 made payable to ECKFA
2. Enclose a self stamped addressed envelope if you require a written receipt

SESSIONS TUTORED BY

Lesley Neal

South East Counties KFA

My passion for KFA Movement is Laban's Analysis. It provides endless material to create challenging and enjoyable movement sequences. I started teaching in 1978 and for many years taught two evening classes a week. I then decided to go on a Regional Trainers Course and really enjoyed the challenge of passing on my knowledge and passion to others. The highlight of my career has to be producing the South East RAH item, a nerve racking experience but one I wouldn't have missed for the world.

My other interests are gardening and spending time with my lovely dog Maggie, which now limits my KFA activities to sharing a class once a week. This allows me to keep my hand in on the teaching front, whilst also enjoying being a class member. Looking forward to the day and seeing you all.

Denise Palmer

South East Counties KFA

I am TAC Teacher and have been teaching in London for over 30 years. I have produced numerous County demonstration teams together with 3 Albert Hall teams and am at present actively involved preparing a trio for the KFA Championships in Southport in February and rehearsing as I am also in an item.

I am a member of the London Executive Committee together with the London Training Sub-Committee and have in the past served on the South East Executive Committee and Regional Training Sub-Committee." Add to all this a husband and two dogs, what more could a girl want?

To enjoy spending the day in Eastern Counties and getting together with everyone.

You will have two consecutive hours with each Tutor, offering motivating stimulating sessions, new ideas and a degree of challenge.

We would like access to these opportunities to be open to all and as such would urge you to make contact with your regional association to discuss opportunities for support should you require it.
Contact: rachel@colmer.me.uk
or telephone 01638 720689.

Bedfordshire

Cambridgeshire

Hertfordshire

North Essex

Norfolk

Peterborough

South Essex

South East Essex

South West Essex

Suffolk

3rd Advanced Movement Day
Saturday October 30th 2010

Abbey Meadows Primary School
Community Wing
Galfrid Road
Cambridge
CB5 8ND

JOIN US
Teachers, trainers &
experienced class members

EASTERN COUNTIES KFA
TRAINING & DEVELOPMENT
PARTNERSHIP