



After a very successful 2010 summer course, Loughborough University is again the venue for this year's event. Last year's event was incredible, with training sessions from Sensei Dev and Sensei Red which are always demanding but also fun. There was also a Capoeira (Brazilian Martial Art) session, which was absolutely amazing and to finish, a very challenging but relaxing class of Yoga.

This year's event promises to build on the successes of last year and is an excellent opportunity for the whole of ECKA to get together and not only train side by side, but also to socialise, catch up with old friends or making new ones.

The weekend is typically, arrive Friday (5th August) and check into accommodation and you will need to make your own arrangements for the evening meal, then training all day on Saturday and Sunday before leaving the venue on Sunday evening (7th August).

Prices include bed and breakfast on Friday and Saturday nights, a packed lunch on Saturday and Sunday, and an evening meal on the Saturday night and of course the training.

Costs –

- Single room £150 per person
- Double room £125 per person
- There is a £15.00 a head discount for families of three or more.

Payment –

- Deposits (non refundable) of £50 needed by 30th May 2011.
- Balance (final payment) required by 30th June 2011.
- Deposits are transferable if you can get someone else to go in your place.

For information, day sessions also available:

- £30 for one day
- £50 for two days

**CONTACT YOUR INSTRUCTOR OR PHONE 024 7644 9072
TO BOOK YOUR PLACE**