**To all fellow European Golden Flowers Instructors,**

**Trainees and Senior Students**

**Dear Golden Flower Family,**

The European Instructor Practice days are proving to be a great success. It is wonderful to work and play together with all the friends around Europe. So it is great to announce….

**The next European Practice Event will be double the fun;**

**Saturday June 28th Extra practice day\***

**Sunday, June 29th “Official” practice day**

**at the Roswaard Estate in the Netherlands.**

\*As some instructors made it clear they wanted to train the whole weekend!

**Coordinators;**

* Job for Netherlands - [job@goldenflower.nl](mailto:job@goldenflower.nl) (and as host on the Roswaard. All bookings direct to Job).
* John for UK - [jvhjvh@btinternet.com](mailto:jvhjvh@btinternet.com)
* Els for Belgium - [els\_verbeeck@telenet.be](mailto:els_verbeeck@telenet.be)

**Details for the next European Practice Event**

Arrival anywhere from Friday June 27th onwards and you can stay a couple of days extra. Pricing is basically the same as all practice events: **€ 45,- per full day**, including lunch.

For other options see the tables below.

**To book**

Send an email to: [job@goldenflower.nl](mailto:job@goldenflower.nl)

Or call Job: +31 (0)6 5539 5839

Enrol yourself by using this Doodle-link. This tool gives us an easy overview of attendance at any time and gives details of costs etc. Any Questions? Let us know.

**Check it out and register on :**[**http://doodle.com/g8avuqwthd4fi8em**](http://doodle.com/g8avuqwthd4fi8em)

**Co-creating the Practice days! What do you want to get out of it?**

An essential part of the co-creation process, please let the coordinators know your intentions to practice and create at the event. We have already had input, so tell us what you want, even if it’s go with the flow!

**Saturday** the extra day: enabling everyone to practice more areas than normally, as well as relax, hang out and have fun together (in the sun, creation please!).

Evening session: cultivation, meditation, sharing, or where ever the energy leads us…

**Sunday**: more focused on the current core practice needs coming out of Annukka’s and recent trainings.

There will be opportunities, particularly on Saturday, for other activities Roswaard can offer:

* Bag work (boxing bag)
* Archery (Manchu style)
* Weapon training (sword, spear, stick)
* Swimming
* Camp fire
* (Cherry) Beer Here sessions
* Walking
* Meditating
* Chilling out, snoozing
* Enjoying the countryside

Please let us know asap what your plans are (even if you do not intend to join us, or if you are in limbo, let us know that too!).

Let's create a great couple of days together!

With love,

Job, John & Els

Job: [job@goldenflower.nl](mailto:job@goldenflower.nl) +31 6 55 39 58 39

John: [jvhjvh@btinternet.com](mailto:jvhjvh@btinternet.com) +44 773 6676 242

Els: [els\_verbeeck@telenet.be](mailto:els_verbeeck@telenet.be) +32 497 752 104

**More Info**

Check out [www.goldenflower.eu](http://www.goldenflower.eu) for more information and updates about this and other European Events

**Time schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Saturday** |  |  | **Sunday** |  |
| Morning (AM) | 10:00-12:30 |  | Early session | 8:00-9:00 |
| Lunch | 12:30-14:00 |  | Morning (AM) | 10:00-12:30 |
| Afternoon (PM) | 14:00-17:00 |  | Lunch | 12:30-14:00 |
| Dinner | 17:00-19:00 |  | Afternoon (PM) | 14:00-17:00 |
| Evening | 19:00-21:00 |  | Dinner | 17:00-19:00 |

**Pricing/attendance options**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Event menu/ prices** | Saturday 28th June | | | | Sunday 29th June 2014 | | | |
|  | **AM** | **Lunch** | **PM** | **Eve** | **Early** | **AM** | **Lunch** | **14-17** |
| Individual Session price with lunch | €35 |  | €35 | Free | Free | €35 |  | €35 |
| Individual Session price no lunch | €25 |  | €25 | Free | Free | €25 |  | €25 |
| Both days (2x lunch +1 dinner +1 breakfast) | 110 | | | | | | | |

**Accommodation & Additional Meals**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Fri/Sat** |  | **Sat/Sun** |  | **Sun/Mon** |
| Tent/Trailer | 10 |  | 10 |  | 10 |
| Hotel/B&B (with breakfast) | 35 |  | 35 |  | 35 |
| Breakfast at Roswaard | 10 |  | 10 |  | 10 |
| Dinner at Roswaard | 10 |  | 10 |  | 10 |

Please let us know asap for reservations

**Vision and Key Principles of the European Practice Events**

European Practice days should be a fun and focused way of raising the energy and levels within Europe (and beyond) by;

* Having co-created European events run with minimal bureaucracy enabling concentrated practice together, focused around push hands practice and GF forms, for mutual benefit, community and enjoyment.
* Prioritising support to European GF Centres with energy and financial support that comes with hosting events
* Each event having at least one coordinator from each national school (i.e. a min of 3 coordinators/lead creators) to enhance the European nature of the event and benefits. The coordinating team should act fairly and with integrity in the interests of all potential participants.
* The practice days are for practice, not training days, in the sense there is not a lead instructor and no group directed instruction is taking place. What is practiced needs to allow for this.
* The organisation of the events is led holistically by those investing or having a key interest, the key stakeholders, who should discuss issues in the first place and consult with all the European members as appropriate and who can attend i.e. senior student and above.  No individual or school or group owns the events.
* A body of experience and knowledge that can be shared should be built up as events go on to ensure consistency, quality, appropriateness, fairness and integrity for all.  Coordinators and hosts should hand over one event to the next and share learning