



Think you know about stretching..?

...train with Eric... think again.

Caledonian Muay Thai

presents a

Stretching Seminar

Our second seminar of 2004 is a Stretch Workshop covering active stretching, p.n.f., core stability and balance with Eric Mauricia - a flexibility guru with over 20 yrs experience in martial arts, yoga, and dance. Open to any clubs, individuals, and styles. No martial arts experience required.

Date : Saturday April 3rd 2004

Time : 1230hrs to 1430hrs

Venue : Caledonian University Sport Centre

Cost : £10 (pay on the day)

For all enquiries or to reserve a place call Guy on 07710 769 490, or email guy_ramsay@hotmail.com

www.caledonianmuaythai.co.uk

