


# Internal Martial Arts

a day retreat in the straw bale octagon



**Saturday  
May 4th**

10am to 12pm  
**Push Hands**  
Fundamental  
Drills and Skills  
with Sifu Greg Magwood

12:30 to 2:30pm  
**Blending &  
Flowing your  
Techniques**  
with Sifu Terry Langevin

3 to 5pm  
**Internal Power  
In Combat**  
with Sifu Robert Walther

**Stabilize**

**Engage**

**Issue**

**Cost:**  
\$35 one class  
\$60 for two  
\$80 all three

**The Arts Centre Hastings Building**  
A Sustainable Octagon Straw Bale Building  
**230 Durham St. Madoc, ON**



For more info or to register:  
[www.magwoodsmartialarts.webs.com](http://www.magwoodsmartialarts.webs.com)

more about the building and park  
<http://www.artscentrehastings.ca>