

# Be Like Water



**Sunday, June 15, 2014 3:15 pm - 4:45 pm**

[Festival HQ, Bush Corner](#)



Want to cope with anything life throws at you? Want to remain calm, collected and calibrated in any difficult situation? Want to achieve your dreams and success goals? Want to give something back to the World and its' people? In that case, you need to... Find Your Flow and 'Be Like Water'

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This radical workshop will take you on a wonderful waters journey using martial philosophy & motion.

Explore & experience the depths of what water is, in order for you to 'Be Like Water' (adaptable, calm, and in-flow), explore dangers to our water supply, to empower you to champion ecological local change.

Inspired by the legendary Bruce Lee, delivered by a 3rd Generation JKD Instructor & Personal Development Coach in Bruce Lee's martial art & philosophy of Jeet Kune Do (JKD), Lak Loi.

Lak will educate, inspire and empower you to be adaptable to any situation, create calm and clarity, so you can find your flow to achieve your success goals and protect and preserve our Mother Earth.

"Move your body, move your mind, move to success", Lak Loi

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