



# Martial Arts & Health Expo Schedule

## Sunday, May 18th, 2025

Avila Centre, Lakehead University



9:00 AM	<b>The Value in Stillness: Vagel Yoga with Erin May</b> CHAPEL			
LOCATION	MAIN GYM	CHAPEL	AVILA CAFETERIA	BOARDROOM
ACTIVITY TYPE	KARATE	HEALTH/WELLNESS	SELF-DEFENCE	Chill Room
10:00 AM	<b>Non-Consensual Violence</b> Brent Horton	<b>The Warrior's Path</b> Steve Beauchamp	<b>Awakening your Intuition (martial arts partner drills)</b>	
11:00 AM	<b>Wansu Kata</b> Tim Leonard, Rick Wiljamaa	<b>Tai Chi Chuan</b> Jacky Chan	<b>Fight Camp</b> Mike Fenton Trevor Warren	
12:00 PM	<b>Lunch Break</b> <i>*Lunch can be pre-ordered through Eventbrite or by contacting Sensei Susan*</i>			
ACTIVITY TYPE	KARATE	HEALTH/WELLNESS	SELF-DEFENCE	Chill Room
1:00 PM	<b>Bo and Kama Basics</b> Richard Ruberto	<b>Training in a Tibetan Monastery</b> Jacky Chan	<b>Gojuryu Seiuchin Kata</b> Aric Dubres & Duncan Stewart	
2:00 PM	<b>Matayoshi Kobudo (Sai basics)</b> Duncan Stewart	<b>Sound Meditation</b> Natasha Allard, Jacky Chan Susan Baldassi, Vanessa Trieu, John Meilleur	<b>BJJ</b> Phil Roussin Tson Douangmala	
3:00 PM	<b>BREAK</b>			
4:00 PM	<b>EXPO BUS TOUR: Experience the Sights/Tastes of Thunder Bay</b> <i>(contact Sensei Susan to reserve your seat on the bus)</i>			