

“JUST MOVE” URBAN WEEKENDER

DATE: Saturday, 28th & Sunday, 29th May 2022

TIME: 12 PM – 7.30 PM & 10 AM – 5 PM respectively

VENUE: The Lodge Space120 Lower Road, London, England, SE16 2UB. ([map](#))



Following a 2+ year break due to the pandemic, BDK London is excited to be bringing back the popular “Becoming Budokon” events! To kick start the “post pandemic” return to a new type of “normal”, we will be showcasing some of the UK and London local talent (since we hosted the last international event, the baton has been passed on... Budokon Turkey, will host the next event of international teachers from 29th June to 3rd July 2022).

This 1st of the year London offering will be a 1-day Urban Retreat, Jam-packed with great masterclasses! We call on all Movers, New Movers, Enthusiasts and the Curious to gather and share an inspiring experience of growth, learning and community.

Event Summary

- 10 Unique Coaches from across the Nation
- 10+ Movement Styles/ Disciplines
- 13 Workshops/ Classes

Sessions include (but may be subject to change) ...

1. Meditation & Mindfulness
2. Mind Science
3. Breathwork
4. Yoga
5. Mobility
6. Animal & Quadrupedal Movement
7. Aerial Yoga
8. Inversion & Handstand Training
9. Brazilian Jiu Jitsu “No Gi”
10. Capoeira
11. Boxing
12. Taekwondo
13. Various Dance Styles

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SATURDAY PROVISIONAL SCHEDULE

(Subject to Change)

12.30pm - Registration

13.00 - 13.45	14.00 - 14.45	14.45 - 15.30	15.30 - 16.15	16.15 - 17.10	17.10 - 18.10	18.10 - 19.00
Inner Warrior Meditation (Mindfulness & Power Breathwork)	The Sweet Science of Boxing	Budokon "Mobility Matrix" Foundations	Intro' & Progressions to "No Gi" Brazilian Jiu-jitsu	Reggae Dancehall & Bashment Dance Masterclass	Step By Step Inversions & Handstands Workshop	Animal Locomotion & Quadrupedal Movement Patterns
ANNA	"Stevie G" STEVEN	ELY & BEKO	"Rolling Storm" SHIGGI	LAURA	LEAH & KRIS	UK BUDOKON TEAM

SUNDAY PROVISIONAL SCHEDULE

(Subject to Change)

9.30am - Registration

10.00 - 10.45	10.50 - 11.45	11.50 - 12.50	13.00 - 13.50	14.00 - 14.50	15.00 - 16.00
Inner Warrior Meditation (Mindfulness & Power Breathwork)	An Introduction to the Art of Capoeira	Taekwondo Taster Session	Aerial Mandala Yoga	Dance Masterclass	Budokon Primary Series Inc. Breakdown of Signature Budokon Transitioning
ANNA	CAT'	CAT'	HESTER	HESTER	UK BUDOKON TEAM

BONUS SESSIONS...

4pm – Mind Science live stream with the founder Kancho Cameron Shayne!

5pm – Movement live stream with Co – Director Kanchita Melayne Shayne!

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INSTRUCTOR PROFILES

MEET ANNA...

Anna D. Patycka is a mindful movement and meditation teacher, practitioner, and advocate. Her mission is to help people discover their Inner Strength and to encourage them to dig for a deeper understanding of thought and movement patterns.

Amazed by a transformative power of mind-body connection, she teaches that life is all about balance and the best way to keep this balance is not to take life too seriously.

She's completed her 200hrs Hatha Yoga teacher training in India in 2015 and 50hrs Budokon Yoga in Miami in 2019.



Inner Warrior Meditation is a fully guided session combining mindfulness, breathwork and visualisation to help you feel strong, empowered and to remove any stiffness from the body and mind.

Comfortable Silent Yoga UK headphones will be used during the session to allow you to immerse in the present moment on a deeper level by cutting any external distractions. You will be guided by teacher's voice and subtle, specifically chosen music, so all you need to do is to put the headphones on and relax.

Meditation is absolutely for everybody and there is no such thing as being good or bad in meditation: you can either do it or not.

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MEET STEVIE G...

Health and fitness are my passion. The health and fitness of others is my drive. The results of others have been my focus for 20+ years. I love all sports, but boxing is my first love. I began in the boxing world as a 12-year-old needing to expel some energy and hit the amateur scene in my late teens. I love teaching and educating, so the natural step was becoming a coach. My most recent success is joining the Tunde Ajayi, Anthony Yarde, and Stamina for Sale team.



MEET CATHERINE...

I am passionate about sharing my knowledge and skills as a movement enthusiast. My training background incorporates disciplines from Tae Kwon Do, Budokon, Capoeira, Yoga, Pilates, Pole, and Aerial Hoop practices. My collective training and teaching experience has made me value the process of learning and motivates me to keep learning challenging skills. This experience built a passion in me to help people improve mobility, build strength, and overcome limiting mindsets. I believe everyone deserves to build confidence, move effectively, and enhance their performance with focus in progressions, alignment, and technique.

I bring my sincere enthusiasm for movement, and I aspire to inspire people to embrace their potential.



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MEET KRIS' ...

Kristof Rona started his Yoga journey exploring the traditions of Hatha Yoga and has found his passion in the pure and transcendental approach of Ashtanga Vinyasa.

His teaching focuses on alignment and the mere foundations to be able to remove any bad habits learnt; and to bring breath, movement, and the mind together with the intention to transcend the illusion of reality.

Emphasising the tool of Breath (ujjayi), Bandas (locks) and Dristhi (focus point) - Kris' classes will be able to challenge you while keeping it all accessible to respect your limits.



MEET LEAH...

Leah Bush comes from a traditional Ashtanga background, and her classes are underpinned by the 8 Limbs of yoga and philosophical teachings, intelligently built to provoke a place of healing, playful exploration, and deep internal growth for all those who attend.

Specializing in Vinyasa yoga, Rocket yoga and therapeutic Yin. Leah creates movement patterns which help her students grow to strengthen their bodies while simultaneously teaching mental endurance, discipline, and critical thinking. She believes that yoga can be the catalyst for personal growth in every direction and allows one to step out of the drama of their life and away from the ordinary thinking mind. As the lines of the self, the body, the mind, and everything in between become blurred, Leah creates a relaxed and safe environment to help you push when you need to push and feel self-assured enough to step back when appropriate.



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MEET SHIGGI...

Shiggi Pakter is a Dutch Kenyan born martial artist, rock climber, sound engineer and DJ living in London.

From the age of 6 she's always been involved in a martial art of some kind even as her family relocated frequently. She's enjoyed the likes of Shotokan Karate, Competitive Tae Kwon Do, Capoeira, Muay Thai and Kapap. The latter additionally involved learning various close quarter combat systems to ensure her work leading or within teams at events security meant everyone and herself was safe. This also led to running independent women's self-defence workshops.

Just under 5 years ago she took up Brazilian Jiu Jitsu adding another string to her martial arts bow and - currently as a three-stripe blue belt - has been enjoying leading a small but mighty women's BJJ open mat at an academy in Wandsworth.



MEET ELY...

Elisa Bortone has been with Budokon London/UK for many years now and is currently the UK director for the BDK Warrior Women Tribe Wolf Pack!

She is also an assistant instructor for Budokon® London's Kids Club, as well as being a Budokon® UK Ambassador. 'Ely' is originally from Italy. She fell in love with Yoga through her own practice which revolutionised her approach to her own body, mind, and life. She studied Ashtanga and Vinyasa Yoga in India, followed by Aerial Yoga in London. In 2018 she discovered Budokon® and completed her Budokon® Yoga Training in Germany the following year. With Budokon® she started exploring new forms of movement, changing her way of practising and teaching.



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MEET BEKO...

Beko Kaygee is Director of Budokon® London, Budokon® UK, Budokon Kids Club and, since 2010 has been an official (Cameron Shayne appointed) Global Budokon® Ambassador - promoting the system in several countries (including Australia, Thailand, Israel, Turkey, Bulgaria, Lithuania, Romania, Ireland, France, Portugal, Germany, across the UK and Channel Islands).

International Fitness Presenter and father of two, Beko has been promoting movement, exercise, health, and well-being for over 29 years. He is very passionate about making movement and exercise accessible to all ages and abilities, and this is evident in the range of classes he teaches (from kids to chair based exercise for seniors). Beko has trained close to 1000 instructors, having delivered teacher training programmes and workshops in a variety of disciplines. Some of these include Dance, Martial Arts, Fitness, Yoga, Tai Chi, and Qigong.



JUST MOVE!

URBAN WEEKENDER

POWERED BY BDK LONDON

SATURDAY 28th & SUNDAY 29th MAY 2022

@ THE LODGE SPACE SE16



YOGA - MOBILITY - DANCE - MMA - TAIJIQUAN
CALISTHENICS - BJJ - ARM BALANCING - FLOATING & LOTS MORE!

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