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Beauty of batik

EVENTS

The Music Run

Selangor Turf Club
Jalan Kuda Emas,
Off Jalan Sungai Besi
Kuala Lumpur
011-1572 3089
info@exceedse.com

MARCH 23: This unique 5km fun run allows participants to walk, run or dance through five different zones blasting out music of various genres, like pop and hip hop. Local celebrities such as beatboxer Shawn Lee, television presenter Reem Shahwa and deejay Joey G will be there! Time: 7.30am. Fee: RM70 per person, free for children under five years old, and 5% discount per ticket for groups of four.

International Day of Forests

Kepong Botanical Garden
Forest Research Institute Malaysia (FRIM), Kepong, Kuala Lumpur
03-6279 7000
feedback@frim.gov.my

MARCH 22: FRIM celebrates the International Day of Forests with a tree-planting activity, colouring contest, botany fun hunt and a

plant talk. The public is invited to help plant 500 trees at Field 46 in Bukit Hari. Participants must be fit and prepared to trek up to the planting site. Those interested in the tree-planting activity, please e-mail: hazlin@frim.gov.my / edihermi@frim.gov.my or send an SMS to 019-205 1356 with your full name, contact number, e-mail address and names of participants (for group) by tomorrow.

MUSIC

A Hero's Life

Dewan Filharmonik Petronas,
Petronas Twin Towers, KLCC
03-2051 7007
dfp_boxoffice@petronas.com.my
www.mpo.com.my

MARCH 22 & 23: Immerse in a classical music experience with Spanish conductor Pablo Gonzales and the Malaysian Philharmonic Orchestra, who will perform Rossini's *William Tell*

Overture and Strauss' *Ein Heldenleben (A Hero's Life)*. The MPO will also perform Chopin's composition with young Spanish pianist Javier Perianes. Time: 8.30pm (Saturday) and 3pm

(Sunday). Ticket prices: RM130 (premium), RM100, RM70 and RM50.

COMPETITIONS

The Varsity Bench Press Championship 2014

Grandhall, Multimedia University,
Cyberjaya
014-6228 956
www.dcbodybuildingclothing.com

MARCH 25: This championship provides Malaysian tertiary students with a platform to showcase their brawn. Organised by DC Bodybuilding Clothing, the competition aims to expose youths to the world of fitness and body-building. Participants will receive exclusive championship T-shirts. Prizes include gym membership and clothing vouchers. Time: 9am-9pm. Fee: RM30.

Kuala Lumpur Yo-yo Challenge

HK Station, Level 6
Sungei Wang Plaza
Kuala Lumpur
www.kedaiyooyo.com

MARCH 22: Calling those with amazing yo-yo skills. Stand a chance to win amazing prizes in

Help your child overcome stage fright

this yo-yo competition organised by Kedaiyooyo.com. Contestants will be judged on the amount of tricks, originality, synchronisation of tricks with music, and crowd response. The panel of judges comprises esteemed yo-yo players Ewin Ee, Wooi Ming and Azrul Hafiz. Time: 2pm.

another by replicating skateboarding moves using their hands.

CHILDREN'S WORKSHOPS

Public Speaking

Kuala Lumpur Performing Arts Centre (KLPac)
Sentul Park, Jalan Strachan,
Off Jalan Ipoh, Kuala Lumpur
03-4047 9060 / 010-2941 216
khayma@klpac.org

MARCH 24-28: Young children can learn to overcome stage fright and speak in public with confidence through this course. Participants will learn ways to address the public, prepare their own speech and present it without fear. This course is ideal for those who want to prepare for future public-speaking competitions.

Time: 10am-noon. Registration fee: RM50.
Course fee: RM250.

Stance & Fitment Showdown Fest 2014

Car Park Perling Mall
3 Jalan Persisiran
Johor Baru
017-8430 774 (Sen) / 010-7041 504 (Din)

MARCH 22: Car enthusiasts, this event is for you! It features competitions like Best Stance, Best Car 2014, Best Fitment, Limbo Rock, Speed Bump Challenge and Low Rider Showdown.

There's also the Fingerboard competition, where contestants compete against one

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Conducting this workshop is Khayma Balakrishnan, a TESL degree holder who is currently pursuing her masters; she has been involved in public speaking for 11 years now.

Intensive Creative Arts

MARCH 24-28: Also held at KLPac, this one-week programme caters for children aged three to six years old. It is a series of fun-filled, exploratory, theatre-based activities and games for participants' self-development by tapping into their creativity. Lessons encompass drama, singing, dance, and art and craft.

Time: 10am-noon. Registration: RM50. Course fee: RM250.

Seshadri Kalimuthu is conducting this workshop. She holds a Diploma in Broadcasting, and has been in the TV industry for a decade. She has performed in and

directed plays, and recently started writing for the stage.

CREATIVE ARTS

Pesta Rabak

Publika, Level G2-01, Block A5
Solaris Dutamas, 1, Jalan Dutamas 1
Kuala Lumpur
03-6207 9732

MARCH 22: Organised by Ipoh-based creative arts collective Projeck Rabak, this event gives you the chance to mingle with young authors, artists and film enthusiasts from all over Malaysia. There will be performances by local musicians, underground film screenings, art installations, a photography exhibition and more. Plus, check out the works of local and alternative authors under the Rabak-Lit book sale. – **Compiled by Angelin Yeoh**



Batik Drawing

Ground Floor (in front Of
Choc Boutique)
Central Market
Jalan Hang Kasturi
Kuala Lumpur
03-2031 0399 / 5399 / 7399
012-334 0372 (Julia)
julia@kenangacity.com.my
www.centralmarket.com.my

TILL MARCH 23: Ready to explore batik further? Discover the art of hand batik, an ancient technique passed down through the generations at Central Market's Batik Drawing Workshop and learn to make beautiful paintings in simplified batik. Time: 10am-6pm.

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Be a part of the Kuala Lumpur Yo-yo Challenge at Sungei Wang Plaza, KL, on Saturday.

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