



NZ Parkour hosts 7th national gathering, this time in Hamilton.

The New Zealand Parkour Association – Tauhōkai Aotearoa is hosting its 7th annual parkour gathering and this time Hamilton plays host for the first time since its inception in 2009.

Practitioners from all over the country as well as visitors from overseas will converge on Hamilton this Waitangi long weekend to explore their movement potential in the Waikato's natural and urban environments. The three-day event starting on Friday, February 6th and finishing on Sunday the 8th is free and open to practitioners and non-practitioners alike, to watch and participate at their leisure. A beginner's workshop will start at 10:00am on Sunday outside the museum on 1 Grantham Street and is open to all ages and abilities. The event will occur rain or shine.

Visit the [Facebook event page](#) or [website event page](#) for the event schedule and further details.

About parkour

Parkour, the holistic philosophy and physical training method is one of the fastest growing activities in the country and the world. It is non-competitive, requires no special skills or equipment and everyone is able to participate at their own pace.

About NZ Parkour

NZ Parkour is the national charitable body for parkour in New Zealand. Its mandate is to promote positive self-development, health and education through the practice of parkour and provide opportunities to practitioners, instructors and the public to further those aims.

For more information, visit www.nzparkour.co.nz

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Contact

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