

The
Perpetual
Journal
of
Justin Stone's
T'ai Chi Chih

THE VITAL FORCE

For Teachers Worldwide of JOY THRU MOVEMENT

Volume 3, No. 2

ISSN 0886-6953

Summer 1986

Impermanence

by Justin Stone

Most suffering comes from failure to accept impermanence. Relationships change, health changes, and we grow older. Yet we tend to cling, as though pleasant circumstances can extend indefinitely. When things are too YIN, we are happy to see them change to YANG, but we never anticipate the positive becoming the negative. So we live our lives in a "pleasure-pain" continuum, trying to preserve and resurrect what is pleasant and seeking to avoid its inevitable opposite, the painful.

"The only thing permanent is change," says the I CHING. The leaves will fall in autumn; there will be new leaves on the tree in springtime. But, is the tree itself permanent? Enduring, yes, but infinite, no. What we do and think will influence the future; flowing with the TAO in its ceaseless progression is wise. In the words of Professor Huang, "The Sage wants spring to follow winter."



THE VITAL FORCE is published quarterly on a non-profit basis by Satori Resources
732 Hamlin Way
San Leandro, CA 94578
(415) 895-8614

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and Mailing.

Donations accepted. If teachers would like extra copies of THE VITAL FORCE for their students,

please send \$1.00 for each copy desired. To subscribe to THE Vital Force, send \$4.00 for one year (4 issues).

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Letters from Teachers and Friends

From New Mexico:

The Vital Force is expanding in quantity and quality. Congratulations for the creation of this vital link among teachers.

Barbara Roberts
3417 Stardust Ct. NE
Albuquerque, NM 87110

Thanks for sending the Spring Vital Force. I especially liked Richard Brier's "Journey to Chi Lanka." It is beautiful out here in the desert. I love to play T'ai Chi Chih at sunset, standing on an earth meridian between two 12,000 foot snow-capped peaks. I may be at the second teacher's conference. I'm sending a few poems for the Vital Force. [See page 6.]

Love,

Lee Muller
P.O. Box 891
Rancho de Taos, NM 87557

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From the Editor

At Last! The T'ai Chi Chih Videotape!

We are most pleased to announce Justin Stone's T'ai Chi Chih lesson videotape, produced by Justin's longtime friend Dick Bock, which is now available from Satori Resources. The tape sells for a very reasonable \$39.95. (See page 9 for ordering information and teacher discounts.)

We feel, as does Justin, that the videotape will fill a large gap, and a great many students will want the tape to assist their home practice. The videotape combined with Justin's cassette talk on the deeper aspects of T'ai Chi Chih ("Justin Stone Speaks on T'ai Chi Chih," \$7.95 from Satori Resources) and the T'ai Chi Chih textbook make a very complete package for home study of T'ai Chi Chih. All your T'ai Chi Chih students-- past, present, and future-- should know that you can supply them with these important materials.

Your "Bad News" Can be Good News

The Vital Force receives many letters requesting information or suggestions about giving lecture/demonstrations, about financing various sessions, about marketing and packaging your classes, and about how to get started.

The Vital Force is interested in knowing what has and has not worked for you. This is your paper--a resource to assist one another towards successful teaching and presentation of T'ai Chi Chih, as well as a forum for the creative flow that T'ai Chi Chih practice generates. The more we share, the greater tool the paper becomes. Thanks to all those who have already written their experiences. Please forward to the Vital Force your memorable moments, the lessons you have learned, about organizing classes, scheduling, and teaching.

Looking forward to seeing you all
in August at the teacher conference,



Corinn Codye Scott

Last Chance Registration

Extended TCC Conference Registration Deadline - July 7, 1986

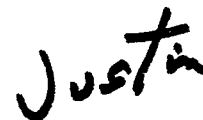
Nearly 30 teachers have registered for the Second International T'ai Chi Chih Teachers' Conference. You can still attend! In fact, as of this date registrations are still needed for us to meet our financial commitment to Vallombrosa. The deadline has past, and we have proceeded on faith, knowing that some of you have put off making your reservations. Our contract requires early reservations for both commuters and lodgers, so please register today. The Conference will not be held unless our minimum of 50 registrants is met. Several people have gone out on a limb on your behalf.

Cont. p. 3 - LAST CHANCE

Justin Offers New Chi Insights

At the Teachers' Conference in August I would like, for the first time, to go into "transition" and "transmutation" (the Law of Impermanence) and the part working with the Chi can play--thus taking T'ai Chi Chih practice to a deeper level. I would also like to show how Chi can be accumulated while one is almost motionless. We are really working with a vast continuum of Energy and Wisdom.

If we have 60-80 teachers at the conference, it will be the first opportunity to take this next step. If fewer than 30 register, I will suggest the conference be canceled, and I will probably not be tempted to present this work again in the future. In truth, T'ai Chi Chih is more than a way to make a few dollars-- it is a great possibility and a responsibility.



Justin Stone

(Editor's note: You heard it, folks. Justin is offering a valuable gift. It behooves us all to attend.)

Letters from Teachers and Friends

From Guadalajara, Mexico:

I'll be here at Rancho Rio Caliente until August 1, 1986, and plan to see everyone at the 2nd International T'ai Chi Chih Teachers' Conference.

I've sold all my books and tapes and have been teaching T'ai Chi Chih every day for the past three weeks. It's a lot of fun and I enjoy it very much and have been invited to give a demonstration at a school in Guadalajara on May 18, which I will do.

With Love and T'ai Chi Chih Joy,

Joe Wythe
c/o Rancho Rio Caliente
APDO - 1-1187
Guadalajara, Jalisco, Mexico

LAST CHANCE - from p. 2

The opportunity to be together will not come again until 1988, or perhaps not at all if enough participants don't show up. The conference will be a wonderful retreat and a rare chance to experience a very powerful unified energy. Certainly the Conference is an essential learning experience for all teachers. Renewal and enhancement of one's T'ai Chi Chih--what could be more important as a teacher of TCC?! Ask yourself if you can learn anything more in regards to your relationship with T'ai Chi Chih. Then ask yourself if you would like to learn more about teaching T'ai Chi Chih--then you will know where to be on August 15, 16, and 17.

Call Sandy McAlister at (415) 582-2238 and/or send your check (payable to TCC Conference '86) to Sandy at 24835 Second St., Hayward, CA 94541. (\$125.00 for private room-2 nights/6 meals; \$110.00 for shared room - 2 nights/6 meals; or \$62.00 for commuters - includes 4 meals.)

See you on August 15!



Continuing TCC Group Practice

by Steve Ridley

A valuable activity that you can provide for your students is an ongoing TCC practice class. Those who have finished the beginning TCC course often inquire about following through by attending a continuing class, where they can obtain support and guidance while enjoying fellowship with other TCC practitioners.

In the continuing TCC practice class that I conduct, the majority of our time is devoted to performing the movements, either in silence or accompanied by music. We also spend time going over the finer points of certain movements, learn to use connecting techniques, explore philosophical issues when they arise, and often conclude a session by practicing the "Great Circle Meditation."

Our continuing practice group meets once each week for an hour, for six consecutive weeks, with two open weeks between classes. I require a tuition of \$25, and allow students the option of attending single classes on a drop-in basis, for \$5 per session. Many students request private instruction in conjunction with the continuing class from time to time, to receive helpful recommendations for refining and polishing their movements. Be sure to let your students know that you are available for one-on-one guidance.

All students will benefit by sharing in the collective generation of Chi. I hope that you will consider offering a continuing TCC practice session to help facilitate others' progress. Justin advises that: "Good teachers repeat, repeat, and repeat!"

From California:

I started my first class April 26. It is small, but everyone's enthusiasm made up for quantity. On my way home from the teacher training in Santa Clara, I suddenly felt like a new mom left alone for the first time with a new baby! Whew. What a responsibility to pass along this art with as much skill and enthusiasm as I was bringing home. It was hard to hand on to the flow, but it came back when I started to teach. It really is better when more than one does it. My husband, Doug, says it has helped his golf and softball--he's going to try it in a tennis tournament this weekend. As he got up to bat last Friday night I could see him doing the rocking motion as he stood in the box! He will be better than any ad I can come up with.

Always,

Jane Klingensmith
5396 Hollister Ave. No. 2
Santa Barbara, CA 93111

P.S. If anyone needs a ride north in August please let me know, as I am driving alone.

Keep up the good work. I look forward to receiving the Vital Force. It keeps me in touch. I feel the energy flow as I do my TCC each morning. It keeps me going and I thank you many times for your sharing and caring.

Love,

Gene Dunkin
Hollister, CA
(Student of Corinn Scott)

I just finished my May class and begin another here in Carmel on June 10th. Looking forward to August in Menlo Park!

Sincerely,

Jean Graham
P.O. Box 3845
Carmel, CA 93921

避暑竹風涼

SUMMER

escaping the heat in the cool breezes through the bamboo grove

August Teacher Conference Program Inquiry

At our conference in August, an opportunity is planned to share/learn experiences and expertise in the following areas:

- teaching TCC to children
- working with seniors
- working with the disabled and/or seriously ill
- working with the terminally ill
- using audio/visual aids and handouts in class
- approaching corporations and working in business settings
- setting up and teaching weekend intensive courses

If you have experience in any of the above (or others) and wish to share with the many who would like to learn more, please come to Vallombrosa prepared to give a short (10-15 minute) talk on the topic of your choice. Handouts would be especially appreciated--and could add to or take the place of a talk. We're flexible!

Also, Steve Ridley (and possibly Cathleen Rickard) have agreed to give their special kind of answers to the "10 Most Often-Asked or Difficult Questions about TCC"--so bring your questions.

Please drop Sandy McAlister a note or leave a message on her answering machine if you plan to participate in the mini-talks outlined above.

Sandy McAlister
24835 Second Street
Hayward, CA 94541
(415) 582-2238

Harmony--Outside Ourselves as Within

In "The Essence of T'ai Chi Chih" Justin has said, "T'ai Chi Chih becomes a Way of Life that effects changes in our everyday existence as we circulate and balance the vital force throughout the total system. Spiritual, mental, physical, and psychological changes subtly begin to take place." Justin continues: "As these changes occur we get in touch with ourselves and the world we see begins to change." One of the changes a regular practitioner of T'ai Chi Chih may notice is a beginning of a kind of harmony in one's outer life, the face we show the world, so to speak, as a reflection of what is going on inside.

What also quickly becomes apparent is that the outer self does not always mirror that inner ideal which has been established through much practice. Perhaps some of the wisdom behind T'ai Chi Chih comes in being able to see this discrepancy and to work with it, without judgment. For me, this has been an ongoing lesson. When my outer life seems to be in a state of great turmoil and confusion, I know that my inner being is calm and unchanging, stable and grounded. Why, then, is it so difficult sometimes to simply allow the inner peace and joy to take over and pour out to the world? Why do I seem to have this struggle to truly bring into harmony the outer with the inner?

Cont. p. 5 - HARMONY

Letters from Teachers and Friends

From Washington:

I taught several weekend intensives at the Unity church. One group was a challenge due to the diversity of ages and backgrounds. Another group was "slower" than has been my general experience with weekend intensives--that is, they didn't immediately flow from movement to movement and had a hard time with the taffies. Out of 10 students, at least one-third were left-right disordered. I myself have a left-right brain disorder, and I found myself breaking the movements down and teaching them in a slightly different way. This came intuitively to me since I had had to do something similar to overcome my own learning problems when I first studied TCC. The students successfully learned the movements.

The Unity groups also enjoyed long sitting meditations. In fact, I had to learn how to bring them down and send them home without seeming abrupt.

A last bit of good news is that one of my students has offered to help organize my sad (until now) marketing efforts. I can hardly believe it. See you in August.

Affectionately,

Lillian Susumi
c/o 1207 N. 145th
Seattle, WA 98133

Notice of Denver Training

DENVER TCC TEACHERS' TRAINING COURSE

July 14 - 19

with Steve Ridley

1921 Jasmine St.
Denver, CO 80220
(303) 322-7717

Total

Tuition: \$275. / \$150. due by June 30
(no refund)

Monday through Friday:

6:30 - 10:00 p.m.

Saturday:

10:00 a.m. - 4:00 p.m.

(Editor's note: Denver TCC teacher Pat Hill says she can put up a couple of people during the Denver teacher training, if lodgings are needed. Call (303) 231-9951.)

HARMONY - from p. 4

Through the insights provided me by regular T'ai Chi-Chih practice, I have found for myself that it is, indeed, a natural outgrowth of the human character to not always be "together," to not always be able to show my most likeable face to the world, to not always be able to control my anger in a positive way, to not always be capable of treating others the way I would like to be treated. These are facts of being human, facts that show we are physical as well as mental as well as spiritual as well as psychological beings.

How we handle those not-so-good times when the outer person seems to be at tremendous odds with the inner one is probably a measure of how much we are learning. A lesson for me seems to be to not judge myself so harshly for those very human setbacks but to try and realize that every day is a new day, and that it's possible to start over every day. That doesn't mean I am allowed to make excuses for negative behaviors and feelings; it just means I accept my failings in a bit kinder way, with a little more humor and love--and then go on! We all are, no doubt, our own worst judges, and we certainly need to view how we relate to the world, but we also need to forgive ourselves. We need to be aware that that inner spirit of calm and centeredness will harmonize with the parts of ourselves we show the world--if we but let it.

Jean Katus
P.O. Box 438
Fort Yates, ND 58538
(701) 854-7435



Softness and continuity
can only be known
by giving way
by letting go
The flow of T'ai Chi Chih
cannot be forced
comes of its own accord
silently watches itself
Gentle magic of the movements
frees the self conscious being
to simply be
to just be

Jean Katus

Letters from Teachers and Friends

From North Dakota:

I continue to personally be grateful for TCC. It's interesting. I learned TCC eight years ago from Jean Katus. It was powerful. Somehow it was almost TOO powerful for me at that time, as I would touch it, then let it go...touch it...then let it go again. After Jean so kindly supported my getting certified and helped to arrange a time when I could go, I incorporated TCC again into my life. This time I did not let it go. Yesterday I was having an evaluation with one of my nursing students. She discussed her response to TCC (I offer classes at the School at a discount). She had attended one class then done TCC with me here on the clinical site (lost a headache one day doing it...so she has experienced the power). We were discussing exercise forms and taking care of self. She reported that when I had inquired as to feeling the energy in the fingertips that she had almost been flabbergasted because she did not expect such INSTANT results with this form. You don't have to beat yourself to experience results! It's almost TOO easy for us here in the West to truly believe something this easy could be beneficial! Then it all came together for me in my head...I too have avoided keeping things simple, letting the gentle power flow through my life. I had actually bought the program that our culture pushes: if it doesn't hurt it must not be helpful. Paradoxical!

That was such an "A-ha" experience for me. It also helped me to recognize why some people are ready for TCC and others are not. I see TCC as a process. It is a program of attraction more than promotion. Many students say this too. One man who came to my first class (a massage therapist here in Fargo) said he'd seen TCC done by Jean in Bismarck many years ago and thought it was kind of strange--certainly not something he was interested in. Now he was ready and truly enjoyed the movements. It is a process!

Christeen McLain-Curran
1012 16th St. W
Fargo, ND 58102

Future Accreditation

Steve Ridley has been trained by me, for quite a few years, to give TCC teachers' training classes. He has already given two, and I will accredit anyone who successfully passes a course by Steve, who will one day be the spiritual head of T'ai Chi Chih, I believe.

It is well known that those who send individual students to the courses receive a fee. Whoever promotes and puts together a teachers' course will share in the total proceeds thereof, and we are anxious to see classes spread around the country. So please cooperate with Steve in the fine way you have assisted Corinn. One day, as T'ai Chi Chih spreads, I believe quite a few capable ones I can think of may be giving teachers' courses simultaneously--there will eventually be that need.

Justin

Justin Stone

Dear TCC Teacher,

Justin has asked me to conduct future TCC Teachers' Training Courses. I would prefer that Justin head these courses, but I am very honored and happy to comply with his request.

Justin has been training me to eventually stand in for him at the various TCC functions. Part of my preparation has been to assist him during several teachers' courses and to conduct a few myself. I am confident to serve in this way and look forward to working with TCC teacher candidates.

I want you to know that you can arrange for a TCC Teachers' Training Course to be held in your area. This is an opportunity that is available to every accredited TCC instructor. It is also an opportunity for substantial financial gain.

Here are the basic requirements for arranging a teachers' course:

1. A minimum of 9 students.
2. Each student must be well prepared and sincere about his or her participation.
3. An appropriate facility must be provided.
4. The organizing instructor must be available to assist during all phases of the course.

If you would like to arrange such a course, contact me, and we can discuss possibilities and details. It is also possible to join forces with one or more TCC teachers in your region in order to share organizational responsibilities and to pool teacher candidates.

Eventually, TCC Teachers' Training Courses will take place regularly at various sites throughout the United States. I want to extend my support to you in your teaching efforts and hope that we can work together more closely in the future.

Much JOY,

Steve

Steve Ridley
1921 Jasmine Street
Denver, CO 80220
(303) 322-7717

Poetry

POEMS of T'ai Chi Chih by Lee Muller
P.O. Box 901
Rancho de Taos, NM 87557

1. Silence movement silence
breath - river turning
the mountain trembles
2. A door flutters in the wind
I open the door
walk inside
look around
walk faster
break into a run
running running
laughing laughing
letting go
go go
gone.
3. a tension / attention
4. Into the mouth of a dark strange cave
shoots an arrow.
I am that unexplored cave.
I am the arrow that pierces the darkness.
I am the bow, the vehicle, the conveyor.
The arch has no name,
nor a body that can be described.
5. So it is with a fire
that the individual pieces of wood
need first be placed at a certain distance.
After being ignited
then will bringing them together
enhance the collective flame.

Audio Tape a Help to Teachers

I would like to see all past and present students of T'ai Chi Chih obtain the audio tape I recently made, if possible. I believe it will help maintain their enthusiasm and give them some insight into deeper meanings of T'ai Chi Chih. Also, I hope the tape can be a big help to the teachers in accumulating students. It can be used with groups, families, and individuals in arousing their interest in studying T'ai Chi Chih; in that respect it may take the place of presentations.

Justin Stone



Express life with total well-being and joy through the practice of T'AI CHI CHIH!

T'AI CHI CHIH is a series of 20 simple movements that are slow, gentle, repetitive, and non-martial. They can be done by anyone, regardless of age or physical condition. They emphasize self-awareness and circulate and balance the body's internal energy flow. The Chinese call this energy the Chi — The Vital Force. As a moving meditation, T'AI CHI CHIH is a powerful centering activity. Not only is it an excellent prelude for meditation or prayer, it also is good preparation for vigorous physical or mental activities.

Some of the benefits of T'AI CHI CHIH practice are:

- MENTAL, PHYSICAL AND EMOTIONAL WELL-BEING
- STRESS REDUCTION
- BLOOD PRESSURE CONTROL
- IMPROVED CIRCULATION
- WEIGHT CONTROL
- BODY TONING
- HEALING
- INCREASED ENERGY AND ENDURANCE
- HEIGHTENED AWARENESS
- INCREASED CREATIVITY
- SERENITY ("in the midst of activity")
- SPIRITUAL ATTUNEMENT

No special clothing or equipment is required. Classes are usually arranged in units of 6 or 8 weeks, meeting once a week for 1 to 1½ hours.

The benefits received are diverse and individual. Each person receives what he or she needs most.

T'AI CHI CHIH was originated in 1974 by Justin Stone as a fully effective alternative to the ancient T'ai Chi Ch'uan form of movement. T'AI CHI CHIH is much easier to learn with benefits often being received in weeks.

Pat Hill studied T'AI CHI CHIH under master Steve Ridley and received instructor accreditation from Justin Stone. Pat is currently teaching classes in her home and is also available for group presentations.

For more information call: (303) 231-9951

or write to:
Pat Hill
1420 Kingsbury Ct.
Golden, CO 80401

Something mysteriously formed,
Born before heaven and earth.
In the silence and the void,
Standing alone and unchanging,
Ever present and in motion.
Perhaps it is the mother of ten
thousand things.
I do not know its name.
Call it Tao.
For lack of a better word, I
call it great.
Being great, it flows.
It flows far away.
Having gone far, it returns.
Therefore, "Tao is great:
Heaven is great:
Earth is great:
Man is also great."
These are the four great powers
of the universe.
And man is one of them.
Man follows the earth.
Earth follows heaven.
Heaven follows the Tao.
Tao follows what is natural.

Tao Te Ching, 25

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T'AI CHI CHIH



JOY THROUGH MOVEMENT



T'AI CHI CHIH
also called
Joy Thru Movement

T'AI CHI CHIH is a soft flowing Moving Meditation, which emphasizes self-awareness, balance, and energy flow. These 20 joyous, gentle movements awaken the Vital Life Energy, or Chi. The complete form can be learned in 8 classes. Lessons are now available. All ages welcome.

CALL: JANE KLINGENSMITH
CERTIFIED INSTRUCTOR
683-1328

Tai Chi's simple movements can be done by anyone

Exercise, though very often satisfying, does not initially bring to mind a feeling of joy. But the ancient Chinese practice of Tai Chi Chih is described as "joy through movement."

Lillian Susumi, a former resident of Bainbridge Island, will conduct a weekend extensive workshop April 11 to 13 on Tai Chi in Winslow. The class will be at the home of Donna Moore, 520 Erickson Ave. It begins with a Friday evening session from 7 to 9 p.m., continues with two sessions on Saturday from 10 to 3:30, and concludes with a Sunday session from 2 to 5 p.m.

Tai Chi Chih is a series of 20 simple movements that are slow and gentle. They can be done by anyone regardless of age or physical condition; instead of involving physical contact, they rather emphasize self-awareness, well-being and energy flow.

Tai Chi is regarded by athletes as excellent preparation for sports, running, meditation and yoga. According to Susumi, the circular movements promote health in every

part of the body by circulating and balancing the Chi — the vital force. "When our energies are out of balance we experience disease, distress and disharmony. By centering ourselves and balancing the Chi we experience health, harmony and wholeness in our bodies and in our lives," the instructor explains.

Benefits from regular Tai Chi practice include weight loss, relief from chronic back pain, release of stress, increased endurance, serenity in the midst of activity, increased intuitiveness and creativity, and spiritual attunement, Susumi says.

The movements can be done almost anywhere, since they require only a few feet of space.

Tai Chi in its present, westernized form was originated by Justice Stone, a T'ai Chi Ch'uan Master. He found the ancient form of T'ai Chi Ch'uan (a practice over 4,000 years old from China) to be too difficult for most students since it required many years of practice to perfect the 108 or more elaborate patterns done in a continuous series. Instructor Lillian Susumi has

from
Lillian Susumi

408-624-5136

JEAN Z. GRAHAM
CERTIFIED T'AI CHI CHIH INSTRUCTOR

P.O. Box 3845CARMEL, CA 93921

Attention teachers: Please distribute copies of this announcement to your students!

T'AI CHI CHIH
SEPTEMBER TEACHER ACCREDITATION COURSE

The next T'ai Chi Chih teacher training course will be held September 9 - 14, 1986, in Squaw Valley-Lake Tahoe, California. The training will be conducted by Steve Ridley of Denver, Colorado, T'ai Chi Chih master. The course will begin Tuesday, September 9 and conclude on Sunday, September 14, with a schedule as follows:

Tues.-Fri. 6:00 - 10:00 p.m.
Sat.-Sun. 9:30 a.m. - 4:30 p.m.

The course will be open to 15 teacher candidates. All participants must know all 20 TCC movements, in order. It is a good idea to obtain special coaching from your teacher in preparation for the course, including some 'assistant teaching' experience, if possible. The teacher training is not the place to learn the movements. Teacher 'coaches' will receive \$50.00 for each of their students who they prepare to attend the training.

Cost of the accreditation course is \$295.00. A deposit of \$150.00 is required by July 20, 1986. The balance may be paid at the first meeting of the teacher training on September 9. Registrations will be held on a first come, first served basis. A confirmation will be sent upon receipt of your deposit (\$75.00 of which is non-refundable), along with directions and information on lodgings and transportation, and so on.

Fill in the registration form below and return it, along with your check or money order of \$150.00, to Christeen Sproehnle, P.O. Box 2477, Olympic Valley, California 95730.

For more information, Call Christeen Sproehnle (916) 583-4196.

REGISTRATION FORM

Please enroll me in the September 1986 TCC Teacher Accreditation Course. Enclosed is my deposit in the amount of \$150.00.

Name _____

Name of teacher: _____

Address _____

_____ Zip _____

Make check payable to:

Phone _____ Work _____

Christeen Sproehnle
P.O. Box 2477
Olympic Valley, CA 95730

Phone (916) 583-4196



SATORI RESOURCES
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SAN LEANDRO, CA 94578

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