

T'ai Chi Chih® Intensive with Teacher Trainer Sandy McAlister

T'ai Chi Chih Center, Albuquerque, NM

November 7-10, 2019

The heart of the Intensive will be refining & deepening your T'ai Chi Chih practice. The focus of the Intensive will be on **How to Move** well for the greatest flow of *Chi*, including:

- Flowing from the Center
- *Yinning* and *Yanging* correctly
- Moving with Softness.

The Intensive is designed for teachers, teacher candidates and serious students. You must be able to attend all 3 ½ days to register for this course.

- **Teachers** will also learn to develop a discerning eye for seeing what corrections students need, as well as knowing when they are ready for Teacher Accreditation...and when they are **not**.
- **Teacher Candidates** will receive excellent preparation for the teacher accreditation course and leave knowing what they still need to work on before attending accreditation.
- **Serious Students** (who have practiced regularly for at least a year) will immerse themselves in T'ai Chi Chih, gaining a greater *Chi* flow and stronger understanding of this beneficial practice.

The **TCC Intensive begins** Thursday, November 7, 2019 at 9:00 AM and ends Sunday, November 10 at 12:00 NOON. Thursday through Saturday hours are 9:00 AM to 5:30 PM with a lunch break and possible evening group activities. Sunday's hours are 9:00 AM to 12:00 NOON.

The Class is limited to 20 participants. A non-refundable deposit is required to hold your reservation with the balance due October 1, 2019. (Registration is below)

Partial Scholarships may available upon request.

Please contact Amy Tyksinski (host) at (505) 228-2104 or tyksinski@aa.edu with any questions.

Registration for T'ai Chi Chih® Intensive with Teacher Trainer Sandy McAlister

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Secure your reservation (first come, first served) by mailing your non-refundable deposit of \$125, payable to T'ai Chi Chih Association, and sending it to: Amy Tyksinski, 5717 Vista Bonita NE, Albuquerque, NM 87111

PLEASE PRINT ALL INFO AND SIGN BELOW, DETACH AND MAIL WITH YOUR CHECK

T'ai Chi Chih® Intensive w/ Sandy McAlister, Albuquerque, NM, Nov. 7-10, 2019

Name _____ Preferred Phone No. _____

Email _____

(If you are a student) My teacher is _____

Mailing Address _____

___ I enclose my completed registration form and a \$125 non-refundable deposit to secure my reservation at the November 7-10 TCC Intensive in Albuquerque, New Mexico.

___ I enclose my full payment of \$250 (total cost).

SIGNATURE AND DATE REQUIRED BELOW: In registering, I understand that my \$125 deposit is non-refundable and any balance (\$250 less the deposit) is due by **October 1st, 2019**. I also understand that I must attend all 3 ½ days of this course in order to participate.

_____ (signature) _____ (date)