

T'ai Chi Chih® Retreat

Feeling the Chi: Immersion into Presence

October 25- October 27, 2019

Dominican Center, Dominican Sisters of Mission San Jose
43326 Mission Circle, Fremont, CA 94539 (Enter at Mission Tierra)

Led by Amy Tyksinski, T'ai Chi Chih Teacher with 24 years' experience

Justin Stone says, "As awareness grows, so does JOY...as we approach Joy, we approach Divinity." Please join us for a weekend devoted to heightening our feeling-awareness of the Chi in the present moment as it expresses in us as us through our T'ai Chi Chih practice. What Joy might await?

This retreat is appropriate for T'ai Chi Chih practitioners who have completed at least a beginner's class and are familiar with the full 19 movements & 1 pose series as well as those with more experience.

"What beckons to me *in this moment now* through my *T'ai Chi Chih* practice as we, the 'ch'i' and I, commune with one another?" is a question Amy Tyksinski often asks herself in the quiet early morning as she starts her day. Accredited and teaching *T'ai Chi Chih* since 1995 to people of all ages, Amy finds great delight in inviting students to find what calls to them personally through this joyous moving meditation. The passion to delve into the Real is what drew Amy to move to Albuquerque in 2000 specifically to meditate and study with Justin Stone, the originator of *T'ai Chi Chih*. What a humbling and amazing gift. In her heart of hearts, Amy seeks always to share the wordless Essence of what she learned from Justin and what she feels all humans have access to through the wondrous practice of *T'ai Chi Chih*. Please check out Amy's website at www.amytyksinski.com to learn more about her.

The Retreat will begin on **Friday, October 25 at 9:00 AM** and will conclude on **Sunday, October 27 at 12:00 noon**.

Commuters are welcome.

Please note, if you are coming from out of town, you may arrive **Thursday, October 24** and stay at the Dominican Center for an additional \$60 (includes dinner on Oct. 24 if needed). If flying, it is best to fly into the San Jose, CA airport. It is also possible to fly in to SFO, and then take BART (\$11-14) to Fremont and then Uber or Uber (\$60ish) directly to the Dominican Center.

For residents, all rooms are single rooms with shared bathrooms/showers.

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Registration

COST FOR RESIDENTS arriving on Friday, Oct. 25: \$395

COST FOR RESIDENTS arriving on Thursday, Oct. 24: \$455

COST FOR COMMUTERS: \$290

-----REGISTRATION FORM-----

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL (please print very clearly) _____

EMERGENCY CONTACT _____

MEAL PREFERENCE - Please Check One: Regular Vegetarian Gluten Free

Check One: Resident (\$395) Commuter (\$290) Resident arriving Thursday, Oct. 24 (\$455)
 Yes, I would like dinner on Thursday.

**Please fill out this registration form by September 24, 2019 and mail it with your check made payable to
Amy Tyksinski**

Mail to: Amy Tyksinski, 5717 Vista Bonita NE, Albuquerque, NM 87111

For questions please contact Amy at (505-228-2104) or (tyksinski@aa.edu)

