

Post Conference
Seijaku Basics Course

(Introduction or Review)

“The Advanced Form of T'ai Chi Chih®” - Justin Stone

Minneapolis Marriott Southwest

5801 Opus Parkway, Minnetonka, MN 55343

June 30 – July 2, 2019

With Daniel Pienciak, T'ai Chi Chih Teacher Trainer

Please join us as we deepen our understanding of *Seijaku* and its potential. *Seijaku*, “Serenity in the midst of activity,” is a gift Justin Stone designed especially for T'ai Chi Chih teachers to enhance our own practice and to share with our most serious students. Part of his maximum chi program, Justin stated that it is one of the deepest forms of moving meditation, offering advanced benefits.

T'ai Chi Chih students (who have been practicing TCC for one year or more), *Accredited T'ai Chi Chih teachers* who wish to prepare for *Seijaku* Teacher Accreditation and *Accredited Seijaku teachers* who have not attended a *Seijaku* course in the last 3 years are all invited to attend. In addition, *Accredited Seijaku teachers* may wish to observe the teaching methodology used to assist in the development of their own *Seijaku* courses.

The course will meet from 4 pm Sunday through noon on Tuesday.

Please Register Early to Reserve Your Space!

Accommodations

To book your hotel room please register directly with Minneapolis Marriott Southwest, 5801 Opus Parkway, Minnetonka, Minnesota 55343. www.Minnetonkamarriott.com. You can also register by phone: 1-888-887-1681.

The cutoff date to make a reservation is 6/10/19. If you are attending the T'ai Chi Chih Teachers' Conference let the hotel know when you make that reservation that you will be staying for the *Seijaku* Workshop. The hotel staff has assured us that their food choices are sufficient to cover all dietary preferences. If you have dietary restrictions and/or special needs requirements please contact the course host.

Transportation

Uber or Lyft are online services that require an easy to navigate app on your phone or device. Multiple taxi companies and the Super Shuttle serve both terminals at the airport.

For more information, please feel free to contact Bonnie Sokolov, Host at bonnietaichi5@gmail.com or 507-250-3360

Please keep this flyer for your records.

SEIJAKU BASIC COURSE REGISTRATION FORM

June 30 – July 2, 2019 Minnetonka, MN

Early Registration Discount before April 1

Late Registration Due June 10

(or contact Host for space availability after June 10)

Name _____

Address _____

Phone (Home) _____ (Cell) _____

Email _____

Emergency Contact _____

Dietary Restrictions (please be specific) _____

\$ _____ Course Fee \$150 (Please circle: Introduction or Review)

\$ _____ Course Fee \$125 for already Accredited Seijaku Teachers

\$ _____ 5 meals -- Sunday dinner through Tuesday breakfast plus facility fee

\$198 with early registration by April 1 or \$225 afterward

(meal and facility fee the same for overnight and commuters)

\$ _____ Total **Amount Due**

\$ _____ **Amount Enclosed** (\$200 minimum deposit is required to reserve your space)

\$ _____ **Remaining Balance Due by June 10**

Please Register Early to Reserve Your Space!

There will be a \$50 nonrefundable fee for cancellations before June 10.

No refunds can be given after June 10.

Please make checks payable to **Bonnie Sokolov, Host**
and forward payment along with completed registration form to Bonnie at:

5016 Viola Rd. NE Rochester, MN 55906