

# Seijaku / Meditation Retreat!

The "Advanced Form" of T'ai Chi Chih

## REGISTRATION FORM

July 29 - August 1, 2019 Aston, PA: the Franciscan Spirituality Center

**Taught by** Int'l TCC Teacher Trainer Daniel Pienciak    Wakeupdaniel@aol.com

**Host/Register:** Daniel Pienciak    [Wakeupdaniel@aol.com](mailto:Wakeupdaniel@aol.com) 732 988 5573

Mail check w/registration to AJ Wellness Seijaku, PO Box 231, Bradley Beach NJ 07720

**What:** A summer weekday retreat setting for reviewing Seijaku (or learning Seijaku) which offers increased benefits and an even more profound experience of Chi. Justin Stone's "Turiya" method of quiet, "place of no thought" meditation will also be experienced.

**Arrival time: 4pm Monday, July 29 / Departure: 1 pm Thursday, Aug 2 (after lunch)**

**For Who?** The weekend is open to: Students who know T'ai Chi Chih well and practice regularly, OR students who have studied Seijaku and wish to review, OR TCC and/or Seijaku accredited teachers who wish to review and/or learn more.

**Cost per person: \$395 before June 1<sup>st</sup>** (or send \$250\*\* deposit) / **\$425 after June 1<sup>st</sup>**.  
REGISTER / send balance due NO LATER THAN July 10th.

Check payable to Daniel Pienciak, PO Box 231, Bradley Beach, NJ 07720\*

**Includes:** (tuition, meals, single room accommodations, private baths)

**Number of participants may be limited SO PLEASE REGISTER AS EARLY AS POSSIBLE!** \*\*If the event draws good participation, balance due might be a bit less if possible. **ALL BALANCES DUE in my PO Box NO LATER THAN July 15<sup>th</sup>.**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ Alternate PHONE \_\_\_\_\_

Mailing Address: \_\_\_\_\_

I am a student     I am accredited TCC Teacher     I am a Seijaku Teacher

Special Meal Notes, please advise: Vegetarian \_\_\_\_\_ (yes/no)

Advise Food **Restrictions**, NOT Preferences: \_\_\_\_\_

Please note arrival is at 4pm or after on Monday.

### **PLEASE READ AND SIGN BELOW:**

\*\*My signature below indicates my agreement that my cancellation could result is no refund or partial refund only, unless the event is full, and my place is filled by another participant on a waiting list. **My signature** appears below:

---