

T'AI CHI CHIH®/MEDITATION RETREAT

FLOWING IN STILLNESS



A 4 Day Retreat Co-facilitated by Dr. David Parrish & Bill Moore

Franciscan Spiritual Center

Aston, PA

AUGUST 11- 14, 2020

“Awareness is the root of T'ai Chi Chih, which is essentially inner-oriented. Circularity is the fundamental and softness & continuity are the Essence.” Justin Stone, Originator

THIS RETREAT IS FOR ANYONE FAMILIAR WITH THE T'AI CHI CHIH MOVEMENTS; STUDENTS AND TEACHERS ALIKE ARE WELCOME. JOIN US AS WE DISCOVER 'BEING THE SPACE' IN WHICH THE MOVEMENTS FLOW & ESTABLISH AWARENESS AS A REAL AND PRESENT ASPECT OF THE T'AI CHI CHIH PRACTICE.

Dr. David Parrish teaches meditation and T'ai Chi Chih and has authored two books on the experience of the conscious awareness that is the essence of T'ai Chi Chih. David will assist us in feeling the essence of awareness as our true nature so that we can realize the stillness *in the midst of activity*.

Bill Moore is a well-known teacher of T'ai Chi Chih and Seijaku (advanced T'ai Chi Chih). Special attention will be paid to the initiation of weight shifts, and the six principles of the T'ai Chi Chih Practice, in realizing this deepening awareness. Bill will guide us to flow rather than move, as Justin Stone often emphasized. The flow of movement and chi in the space of heightened awareness will be realized as a deeper experience of this exquisite practice.

We are excited about the opportunity to share the marriage of meditation and movement that is the heart of T'ai Chi Chih practice.

The cost is \$425 for instruction, private room with private bath and meals. The cost for commuters is \$340. The Philadelphia Airport is approximately 20 minutes from the Spiritual Center.

Franciscan Spiritual Center

609 S. Convent Road

Aston, PA 19014

610-558-6152

www.fscaston.org

For further information and registration form, visit the www.taichichih.org website.

All questions and concerns please contact the host, April Leffler at lirpaleff@rcn.com or 610-809-7523.

REGISTRATION FORM

FLOWING IN STILLNESS RETREAT



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____

EMERGENCY CONTACT _____

Cost \$425

(Commuter fee- \$340)

The Retreat begins Tuesday at 10:00AM and ends on Friday at 3:30PM. Cost includes instruction, 3 nights with private room, private bath, 10 meals.

Space is limited. To hold your space, please send a \$150 deposit by June 1st, 2020.

FULL PAYMENT DUE BY August 1st, 2020

PLEASE INDICATE ANY SPECIAL DIETARY/ALLERGIES~NEEDS. The Center will do as much as it can to accommodate dietary allergies, however, they are not able to address everyone's food issues so please bring some food to supplement.

CIRCLE ONE: I will be... Driving Flying Taking Amtrak

Please complete the registration form and send it (keeping a copy for yourself) with your check made out to:
April Leffler, Host
702 Prospect Ave.
Prospect Park, PA 19076

All questions and concerns, please contact April at 610-809-7523(C) or lirpaleff@rcn.com