

T'ai Chi Chih® Retreat with Bill Moore

Engineering Softness - The Essence of Weight Shifts for Deeper Benefits

February 1st and 2nd, 2020 in Fort Collins, CO

In this Colorado winter retreat, we will explore methods with which we might uncover more effective ways to deepen our practice, and, in this way, better access the deeper benefits inherent in "Sinking Into the Essence of T'ai Chi Chih Practice..." (Justin Stone). In our retreat, we will also visit the potential benefits of applying the Seijaku Principle into our TCC Practice. We'll also visit how we might more comfortably become acquainted with Seijaku Practice, and to more readily interject this powerful form into our regular TCC Practice, with still more wonder-full and wondrous results.

Bill has been practicing TCC since 1994, and Seijaku since 1996. He was accredited to teach TCC in 2003, and Seijaku in 2004. Since then, Bill has been privileged to share TCC and Seijaku with many hundreds of students and fellow teachers. He is a serious proponent of Seijaku Practice, and is especially fond of sharing how a Seijaku Practice might most comfortably, and effectively, be incorporated into regular TCC Practice.

Open to those interested in deepening their current TCC practice. No Seijaku experience necessary.

When: 8:30 am to 5:30 pm, Saturday, February 1st (lunch provided)
8:30 am to 5:30 pm, Sunday, February 2nd (lunch provided)

Where : The Barn at Rigden Farm
2902 Rigden Parkway, Fort Collins, CO 80525

Cost: **\$125** or make it a little more to provide scholarship funds for this and other TCC NoCo activities. Financial assistance is available. To apply for a scholarship, please contact Lisa at lstroyan@gmail.com.

REGISTRATION FORM

I understand this program does not diagnose or treat medical conditions. If I have a health concern, I will consult my doctor prior to participating in this workshop. Please initial _____

Name		Phone
Address		City
State	ZIP	Email (legibly please)
Amount today \$	Balance \$	Scholarship amount \$

Lunch: Circle your diet Vegetarian Gluten free Nut free Dairy free Other _____

Registration: \$75 deposit will hold your place. Balance of \$50 due by 1/10/20.

Snag your spot early.

Cancellation fee of \$25 after 1/10/20. All checks deposited on 1/12/20.

Please send registration *form* along with your *check* made payable to:

TCC NOCO Teachers' Association

812 Sandy Cove Lane

Fort Collins, CO 80525

For questions, contact Lisa at lstroyan@gmail.com or 970.481.9733