T’ai Chi Chih® Retreats 2020
Mt. Calvary Retreat House
Santa Barbara, California

March 19 - 22 (Teachers)
March 24 – 27 (Students)

* REJUVENATE Your PRACTICE *

Led by Sandy McAlister, Guide of the TCC Community
Hosted by Pam Towne, TCC Teacher Trainer

RELAX and retreat from everyday activities in the beautiful foothills of Santa Barbara. Enjoy quiet time on the patio gazing at majestic mountain views, walking peaceful hillside paths or the labyrinth.

REFINE your movements, deepen your T’ai Chi Chih practice, and experience a greater flow of Chi and more JOY thru Movement!

RENEW your body, mind and spirit in this nurturing and serene natural setting.

The first Retreat is designed for TCC teachers while the second one is for students (who know at least half of the 20 movements). Both will serve to deepen your understanding and experience of this moving meditation, offer a time of personal retreat and rejuvenation, and provide a wonderful opportunity to connect with others in the TCC Community.

Bring along a spouse or friend (over 18). If they are not familiar with T’ai Chi Chih, this is a great place to hike, read, do photography, artwork, or simply relax in a serene setting.

Register now…there is only space for 18 participants in each Retreat!

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Retreat 1 begins on Thursday with check-in 3-4pm, and ends with lunch at 12:00 on Sunday. Retreat 2 begins on Tuesday, with check-in 3-4pm, and ends with lunch at 12:00 on Friday. Pricing for either Retreat includes 3 nights lodging (single or double occupancy), and 9 meals.

Pre or Post event Lodging is not available at the Retreat House. Please check online for local hotel information.

Transportation to Santa Barbara is available from LAX Airport thru Santa Barbara Air Bus (800) 733-6354 or www.sbairbus.com online. Rides may be arranged from the Air Bus stop, Santa Barbara Airport or Amtrak Station to the Retreat House upon request. Driving directions will be sent later.
NAME(S)______________________________________________________________

ADDRESS________________________________________________________________________

CITY _________________________ STATE ___________ ZIP ______________

HOME PHONE _______________________ CELL PHONE __________________________

EMAIL (print very clearly) _____________________________________________

You may reserve your space in a Retreat with a $200 deposit ($50 not refundable)

Cost is per person and includes 3 nights lodging & 9 meals.

Please circle dates: Please circle room preference:

Mar. 19 - 22 Single $550
Mar. 24 - 27 Double $515

Amount Submitted: ______________

Circle One: Teacher Student Guest

Circle one: I will be… Driving Flying Taking Amtrak to Santa Barbara

Choice of roommate: (Double rooms only)______________________________

Special Needs: (meals, ground floor room, etc)____________________________

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Please fill out this registration form (keep a copy for yourself) and send it with your
check made out to host:

Pam Towne
234 Hoover St.
Oceanside, CA 92054

Other questions? Call or email Pam:
(760) 421-7589 cell pamtowne@gmail.com