

T'ai Chi Chih® with Carmen Brocklehurst

Saturday, May 2 Sunday, May 3 Monday, May 4

Franciscan Spiritual Center, 609 South Convent Road, Aston, PA

**It is all-important that T'ai Chi Chih be done softly,
without effort – what we call ‘the effort of no effort’.**

Justin Stone

Let's explore how we can soften and move effortlessly. This Weekend Workshop Series is an excellent opportunity to let go, soften, refine and go deeper in your practice. Please join us as we connect with T'ai Chi Chih and the T'ai Chi Chih community.

Carmen Brocklehurst, a T'ai Chi Chih teacher for over 40 years will lead this weekend. This series is for those who have already learned the T'ai Chi Chih movements.

This is a commuter event, no overnight accommodations. We will meet:

Saturday - B, L, D included. Please arrive by 7:15AM. Evening Program.

Sunday - B, L, D included. Please arrive by 7:15AM. Evening Program.

Monday - B & L incl. Please arrive by 7:15AM, Program will conclude at 4:00PM

Cost of the Weekend Workshop Series is \$240. **no credit or discount for missed meals**

Contact host, Kathleen McAllister for help with nearby overnight accommodations, or questions. TccTeacher555@gmail.com 610-308-4846

Please send this registration with payment to:

Kathleen McAllister, 2855 Old Cedar Grove Road, Broomall, PA 19008

Name: _____

Phone: _____ Email: _____

Emergency contact: _____

Food Allergies: _____