

**T'ai Chi Chih[®] Retreat
at Chapel Rock
Prescott, Arizona
May 7 – 10, 2020**

for TCC Students and Teachers

****DEEPENING OUR PRACTICE of JOY THRU MOVEMENT****

“Joy becomes our natural heritage.” -- Justin Stone

**Led by Pam Towne, TCC Teacher Trainer
Hosted by Linda Worlton**

RELAX and retreat from everyday activities in the foothills of the Bradshaw Mountains. Enjoy quiet time among Ponderosa pines on peaceful, wooded pathways.

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

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

This retreat is for students (who know at least half of the 20 movements) and teachers of T'ai Chi Chih to deepen your understanding and experience of this essentially spiritual form of moving meditation. This is a wonderful opportunity to learn first-hand from Pam and the attending teachers.

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 or artwork, or simply relax in a serene setting. Chapel Rock is hidden in the pines just one mile from quaint downtown Prescott, Arizona's "Christmas City".

May is delightful in northern Arizona (average high is 76). Prescott is only 1-1/2 hours from Phoenix, about an hour from fabulous Sedona, and approximately two hours from the awe-inspiring Grand Canyon. This is the perfect chance to see some of the most beautiful places in Arizona (and the USA) prior to or after the retreat.

Register now to reserve your space!

The Retreat begins on Thursday with check-in starting at 3:00 p.m, TCC practice at 5:00 and dinner at 6:00. It concludes at noon on Sunday. Pricing includes 3 nights lodging (single or double occupancy, Thursday thru Saturday nights) and 8 meals (Thursday dinner thru Sunday breakfast).

Transportation to Prescott is economically and conveniently available from Sky Harbor Airport in Phoenix through Arizona Shuttle (800) 888-2749 or www.arizonashuttle.com/cities/prescott/ For those driving, directions will be sent later.

REGISTRATION FORM

T'ai Chi Chih[®] Retreat

May 7 – 10, 2020

Chapel Rock

Prescott, Arizona

NAME(s) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (please print very clearly) _____

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

Payment in full is due by March 5th. No refunds after March 5, 2020.

Cost is per person and includes **3 nights lodging and 8 meals** (Thursday dinner thru Sunday breakfast).

Please circle room preference:

Double: \$425

Single: \$485 (6 rooms available)

Amount Submitted: _____

Circle One: Teacher Student Guest

Circle one: I will be.... Driving Flying Taking Shuttle from Phoenix

Choice of roommate: (Double rooms only) _____

Special needs: (room on ground level, vegetarian meals, etc.) _____

Please fill out this registration form and send it (keep a copy for yourself) with your check made payable to Pam Towne. Mail both to:

**Pam Towne
234 Hoover St.
Oceanside, CA 92054**

Other questions? Call or text Linda Worlton at (602) 617-0983

or email: lworlton@msn.com