

Learn Seijaku Retreat

with Carmen Brocklehurst

April 2-5, 2020

Seijaku – serenity in the midst of activity. Justin Stone wrote “It is my feeling that the circulation of the chi is one of life’s great secrets”. This Seijaku retreat is a wonderful way to learn Seijaku. And we will also be doing fast track, which Justin Stone taught in conjunction with Seijaku. All participants must be regularly practicing Tai Chi Chih in order to participate in the Learn Seijaku Retreat. This retreat is for those who have already learned the T’ai Chi Chih movements.

The retreat will begin Thursday evening at 7:00 pm and will conclude on Sunday after lunch. The retreat will take place at the Madonna Retreat Center in Albuquerque, located at 4040 St. Joseph’s Place NW. If you need additional information, feel free to contact Judy Hendricks, 505-573-0820, e-mail is judyhendricks@me.com. The cost of the retreat is \$370, for a single room with a communal bath or \$295 for a double room with a communal bath. This includes all meals and snacks.

Arrive Thursday April 2nd at 7 pm, dinner is not included. Depart Sunday after lunch. For transportation from the airport, please call a taxi . Rides to the airport on Sunday will be provided.

Cut off and return. Registrations will be on a first come/first serve basis. Space is limited.

Full payment must be sent by March 15th

Name: _____
Address _____
City _____ State _____ Zip code _____
Phone H: _____ W: _____ Cell _____
E-mail _____ Meal Preference: ___ Vegetarian ___ Regular

Check payable to: Judy Hendricks. Please send to: Judy Hendricks,
10328 Rio Los Pinos Dr. NW, Albuquerque, NM 87114.

T’ai Chi Chih is a federally registered trademark

