

# ***T'ai Chi Chih*® *Retreat***

**Mt. Calvary Retreat House  
Santa Barbara, California**

**September 22 – 25, 2020**

## **\* Deepening Our T'ai Chi Chih Practice \***

**Led 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.

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 connect with others in the TCC Community, and to learn first-hand from Pam. **Teachers receive 25 hours of training credit.**

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 this Retreat!**

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**The Retreat begins on Tuesday**, with check-in 3:00 to 4:00pm, and ends with lunch at 12:00 on Friday. Pricing includes **3 nights** lodging (single or double occupancy, Tuesday thru Thursday nights) **and 9 meals** (Tuesday dinner thru Friday lunch).

**Pre & Post event Lodging** IS NOT available at the Retreat House. Check online for local hotel information.

**Transportation** to Santa Barbara is available from San Diego & Orange Counties by Amtrak or from LAX Airport by Santa Barbara Air Bus (800) 733-6354 or [www.sbairbus.com](http://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.

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NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMAIL (print very clearly) \_\_\_\_\_

**You may reserve your space in the Retreat with a \$200 deposit (\$50 not refundable).  
Payment in full is due by August 20. No refunds after August 20, 2020.**

*Cost is per person and includes the Retreat program plus **3 nights** lodging  
& **9 meals** (Tuesday dinner thru Friday lunch)*

**Please circle room preference:**

Single    \$550  
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: (ground floor room, etc) \_\_\_\_\_

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

Pam Towne  
234 Hoover St.  
Oceanside, CA 92054

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