

Explore the Essence of T'ai Chi Chih

August 21 - 23, 2020

YMCA Blue Ridge Assembly,
Black Mountain, North Carolina,
with **Caroline Guilott**

Caroline is an exceptional teacher who studied frequently with Justin Stone throughout the latter part of his life. Caroline resides in Lake Charles, Louisiana. She has been an accredited T'ai Chi Chih teacher since 1999.

RETREAT SCHEDULE

Check-in: Friday at 4PM. There will be an open practice followed by dinner and a welcome to all retreat participants by Caroline. She will explain the focus of each of the practice sessions being held during the retreat.

Saturday:

We will start our day with an early morning open practice, followed by breakfast and a break before beginning our first of two practice sessions during which we will explore each movement one by one, reinforcing what we have already learned in our own practice followed by lunch and a short break. After our break we will begin our afternoon practice session in which we will continue our exploration of movements, allowing us to feel the energy more freely in our own body. Following a break, we will have an open practice followed by dinner. After dinner we will meet for a time of sharing.

Sunday: Early morning open practice, Breakfast, followed by a break and then our final practice session as we continue our exploration of the Essence of T'ai Chi Chih, before ending the retreat at 11AM.



This retreat is for teachers and students who have already learned the T'ai Chi Chih movements. We invite you to experience with us one of America's most beautiful mountain areas as you explore the essence of T'ai Chi Chih.

The retreat fee is \$319.00 for a shared room and \$429.00 for a single room.

Retreat Contacts:

Steve Stevens: Ph: (828) 776-9489 Email: biobikr@gmail.com
Adabelle Rychtarik: Ph: (918) 640-7356 Email: aprychtarik@me.com

Other items - Bring water bottle, notebook or journal and pen/pencil, and an open heart to explore the essence of T'ai Chi Chih.

Deadline to register is May 15, 2020