

Seijaku / Meditation Retreat!

The "Advanced Form" of T'ai Chi Chih REGISTRATION FORM

November 12 - 15, 2020: On Zoom

Jessica Lewis, Zoom host

Taught by TCC Teacher Trainer Daniel Pienciak Wakeupdaniel@aol.com

Host/Register: Daniel Pienciak Wakeupdaniel@aol.com 732 988 5573

Mail check w/registration to AJ Wellness Seijaku, PO Box 231, Bradley Beach NJ 07720
(Check payable to Daniel Pienciak)

What: A fall weekend retreat on zoom for reviewing Seijaku which, with meditation, offers greatly enhanced benefits and an even more profound experience of Chi. Justin Stone's "Turiya" method of quiet, "place of no thought" meditation will also be experienced.

Start time: 4pm Thursday, Nov 12 / End time: 1 pm Sunday, Nov. 15

For Who? The weekend is open to: Students who know T'ai Chi Chih well and practice regularly, OR students who have studied Seijaku and wish to review, OR TCC and/or Seijaku accredited teachers who wish to review and/or learn more.

Cost per person: \$ 225 before Oct 10th (or send \$125 deposit) / **\$250 after Oct. 10th.**

REGISTER / send balance due NO LATER THAN Nov 1st.

A \$25 donation per person, which will be taken from your paid, fee will be sent to the Franciscan Spiritual Center in Aston to help with their own difficulties due to the pandemic and their having had to close permanently. This retreat as well as so many other TCC events for at least the last 10 years have been held there, and we are very grateful to them for their years of service and support of us!

Check payable to Daniel Pienciak, PO Box 231, Bradley Beach, NJ 07720*

Number of participants may be limited SO PLEASE REGISTER AS EARLY AS

POSSIBLE! **If the event draws good participation, balance due might be a bit less if possible. **ALL BALANCES DUE in my PO Box NO LATER THAN Nov 7th.**

NAME _____ PHONE _____

EMAIL _____ Alternate PHONE _____

Mailing Address: _____

I am a student I am accredited TCC Teacher I am a Seijaku Teacher

PLEASE READ AND SIGN BELOW:

****My signature below indicates my agreement that I am fully committed to attending all sessions (no evening), barring dire unexpected circumstances preventing my participation.**

My signature appears below:
