

Seijaku / Meditation Retreat!

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

March 11 - 14, 2021: 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 (no texting)

Mail check w/registration to AJ Wellness Seijaku, PO Box 231, Bradley Beach NJ 07720

(Check payable to Daniel Pienciak)

What: A Spring 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, Mar 11/ End time: 1 pm Sunday, Mar 14

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.

Suggested per person: \$ 225 (or send \$125 deposit)

(OR, if you are experiencing severe financial hardship, you can send what you are able to).

REGISTER / send balance due NO LATER THAN Mar 4th.

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!

ALL BALANCES DUE in my PO Box NO LATER THAN Mar 4th.

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:
