

T'ai Chi Chih[®] Teachers Online Retreat
In Your Own Home
Via Zoom

March 18 - 21, 2021

*** Exploring Transitions ***

Led by Sandy McAlister, Guide of the TCC Community
Hosted by Pam Towne, TCC Teacher Trainer

RELAX and retreat from everyday activities in the safety & comfort of your own home.

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 while connecting with other teachers.

This Retreat is **designed for TCC teachers** and will serve to deepen your understanding and experience of this essentially spiritual form of moving meditation, offer a time of personal retreat and rejuvenation and provide a wonderful opportunity to connect with Sandy, Pam and other teachers. A certificate for 25 hours CEUs will be provided upon request.

Due to ongoing health and safety concerns from COVID-19, this will be a **live online retreat** using the Zoom technology platform. It's easy! You do not even need a Zoom account. You will receive an emailed link to click to join the morning, afternoon and evening sessions. You can use a computer or tablet with a camera and microphone. The bigger the screen, the easier it will be for you to see everyone. Having a connection between your device and a large screen TV or monitor is ideal.

Register now...there is only space for 18 participants!

The Retreat begins on Thursday with check-in at 3:30 pm Pacific time, TCC practice at 4:00 and a Welcome meeting at 5:00. We will have TCC Workshops in the morning and afternoon to refine our movements, with a full TCC practice before dinner each day and an optional practice before breakfast. There will be free time after lunch and short optional evening discussions (except Thursday). The Retreat concludes at noon on Sunday.

Meals are on your own. It is recommended that you plan meals ahead and either have them prepared in advance or simple to put together quickly. You will have the option of eating with a small group in a Zoom Breakout Room to get to know people better, just as you would sit and talk with others as you ate together at an in-person retreat.

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NAME(S) _____

NAME YOU LIKE TO BE CALLED _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (print very clearly) _____

Cost is just \$150 per person

Payment in full is due by March 1. No refunds after March 1, 2021.

You may pay by check to address below or PayPal to pamtowne@gmail.com

Amount Submitted: _____ Method of Payment _____

I will be using a: PC _____ Mac _____ Tablet _____ iPad _____

My experience using Zoom is: None _____ Calls to Family & Friends _____

Meetings _____ Taking Classes _____ Teaching Classes _____

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

Pam Towne
234 Hoover St.
Oceanside, CA 92054

OR Pay with PayPal to pamtowne@gmail.com

You may also scan & email your registration form to Pam's email

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