

# T'ai Chi Chih® Online Retreat

## In Your Own Home

### May 6 – 9, 2021

**\*\*DEEPENING OUR PRACTICE of JOY THRU MOVEMENT\*\***

“Joy becomes our natural heritage.” -- Justin Stone

**Led by Pam Towne, TCC Teacher Trainer**

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

**REFINE** your movements, deepen your T'ai Chi Chih practice, experience a greater flow of Chi and more Joy thru Movement!

**RENEW** your body, mind and spirit while connecting with others of like mind.

This retreat is for students, teacher candidates 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 learn first-hand from Pam. Teacher candidates will receive individual feedback from her as a teacher trainer.

Due to ongoing health and safety concerns from the corona virus, this will be a **live online retreat using Zoom**. 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, tablet or smart phone with a camera and microphone. The bigger the screen, the easier it will be for you to see. Having a connection between your device and a large screen TV or monitor is ideal.

**Space is limited ~ Register now to reserve your space!**

**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 a TCC Workshop 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 in advance and either have them prepared in advance or simple to put together. 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.

# REGISTRATION FORM

## T'ai Chi Chih® Online Retreat May 6 – 9, 2021 In Your Own Home Via Zoom

NAME(s) \_\_\_\_\_

NAME(S) YOU LIKE TO BE CALLED \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

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

**Cost is just \$150 per person.**

**Payment in full is due by May 1st. No refunds after May 1, 2021.**

**You may pay by check to address below or by PayPal to [pamtowne@gmail.com](mailto: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 \_\_\_\_\_

Circle One:    Teacher    Teacher Candidate    Student

**Please fill out this registration form and send it (keep a copy for yourself) with your check made payable to Pam Towne. Mail both to:**

Pam Towne  
234 Hoover St.  
Oceanside, CA 92054

**OR Pay with PayPal to [pamtowne@gmail.com](mailto:pamtowne@gmail.com)  
You may also scan & email your registration form to Pam's email**

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