

# T'ai Chi Chih® Retreat!

For Earth Day ~ World T'ai Chi & QiGong Day

Relax and Renew with T'ai Chi Chih ~ Joy thru Movement

## REGISTRATION FORM

April 22 – 24, 2021: On Zoom

Linda Jones, Zoom host

Led by TCC Teacher Trainer Daniel Pienciak

**Host/Registrar:** Daniel Pienciak [Wakeupdaniel@aol.com](mailto:Wakeupdaniel@aol.com) OR 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/renewing TCC with some meditation times, offering the benefits of a relaxing experience of Chi. Justin Stone's "Turiya" method of quiet, "place of no thought" meditation will be experienced along with movement practices.

**Start time EDT: 1 pm Thursday, Apr 22 / End time EDT: 1 pm Saturday, April 24**  
**Thursday 1 pm to 5:30 pm, Friday 10:30 to 5:30 pm, Saturday 10:30 to 1 pm EDT**  
(*appropriate breaks will be given as well as "lunch" time on Friday*)

**For Who?** The weekend is open to: TCC teachers as well as students who know T'ai Chi Chih fairly well and practice regularly. Not for TCC Beginners.

**Suggested per person: \$ 125 (remit by check or money order only in US Mail).**  
(OR, if experiencing considerable financial hardship, you can send what you are able to).

**REGISTER / send balance due NO LATER THAN April 15th.**

Check/M.O. payable to: **Daniel Pienciak, PO Box 231, Bradley Beach, NJ 07720\*\***

Number of participants may be limited SO PLEASE REGISTER ASAP!  
**ALL BALANCES DUE** in my PO Box **NO LATER THAN April 22nd.**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ Alternate PHONE \_\_\_\_\_

Mailing Address: \_\_\_\_\_

I am a student     I am accredited TCC Teacher

### **PLEASE READ AND SIGN BELOW:**

\*\*My signature below indicates my agreement that I am fully committed to attending all sessions, barring dire unexpected circumstances preventing my participation.

**My signature** appears below:

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