

***T'ai Chi Chih*® *Online Retreat***  
**In Your Own Home**  
**Via Zoom**

**September 23 – 26, 2021**

**\* Softness Means Letting Go \***

**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 and the attending teachers.

**Teacher candidates will receive individual feedback from Pam.**

This will be a **live online retreat** using the Zoom technology platform. You do not even need a Zoom account. You will receive an emailed link to click to join. 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. 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 3:45 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 breaks throughout the day. Thursday hours are 3:45 to 6:30 pm. Friday & Saturday hours are 9:00 am to 5:30 pm. Sunday hours are 9:00 am to 12:00 noon. All times are Pacific Daylight Time.

**Meals** are on your own. It is recommended that you plan meals in advance and either have them already prepared 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 eat with others in person on a 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.**

\$50 not refundable. No refunds after Sept. 1, 2021.

Amount Submitted: \_\_\_\_\_ Check # \_\_\_\_\_

I will be using a: PC \_\_\_\_\_ Mac \_\_\_\_\_ Tablet \_\_\_\_\_ iPad \_\_\_\_\_

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

Meetings \_\_\_\_\_ Taking Classes \_\_\_\_\_ Teaching Classes \_\_\_\_\_

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

Pam Towne  
234 Hoover St.  
Oceanside, CA 92054

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