

Seijaku Course on Zoom

REGISTRATION FORM

Seijaku Intro/Review (Basics) Course

With *Daniel Pienciak*, Accredited Seijaku Teacher & TCC Teacher Trainer

June 4 - 6, 2021: On Zoom

Benjamin Brisjar, Zoom host

What: *This is a basic course for learning or reviewing Seijaku Practice, suitable for:*

*...Anyone who is comfortable with ALL T'ai Chi Chih movements. It is recommended that a student have at least one full year of regular T'ai Chi Chih Practice, before attending this course in Seijaku Practice. (**Please note** that one does NOT have to be an accredited T'ai Chi Chih instructor, as a prerequisite to register. Serious T'ai Chi Chih students are also welcome!).*

This Basic Course will also be of value for: *T'ai Chi Chih teacher candidates looking to deepen their practice, AND for T'ai Chi Chih teachers preparing for Seijaku Accreditation. ALSO beneficial for Seijaku who simply desire a thorough review.*

~Explore the Seijaku Principle and adjunct practices Justin Stone has taught as part of his "Maximum Chi Program".

~Discover the profound benefits that may be realized by incorporating these practices into your regular T'ai Chi Chih Practice routine.

~Increase your understanding of the Principles of Movement in T'ai Chi Chih Practice through Seijaku practice.

~ Experience how practicable and effortless the application of the Seijaku Principle can be! Justin Stone has referred to T'ai Chi Chih Practice as the "...play of the Sage". It may be surprising to find that Seijaku Practice can be effortless and play-FULL! The practice of Seijaku can offer a fuller appreciation of grounding and Balance of Body Mind and Spirit!

So, please consider joining us in discovering the depth of enjoyment available in Seijaku Practice, thru our joint adventure in this Basic Seijaku Course...

Approximate Scheduling of Sessions:

Friday June 4th: 4:30 to 6:30 p.m. EDT

Saturday June 5th: 10:30 a.m. to 1 p.m., and 2:30 to 5:30 p.m.

Sunday: 10:30 a.m. to 1 p.m.

Registration Form

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Led by TCC Teacher Trainer Daniel Pienciak

Host/Registrar: Daniel Pienciak 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 weekend Seijaku course on zoom for beginning or reviewing/renewing Seijaku including, all elements of the “maximum Chi program”, offering the enhanced benefits of this “advanced form of T'ai Chi Chih®.

Start time EDT: 4:30 pm Friday, June 4th / End time EDT: 1 pm Sunday, June 6th
(appropriate breaks will be given with time for lunches. No evening sessions).

For Whom? 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 May 25th.

*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 June 1st.**

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, barring dire unexpected circumstances preventing my participation.

My signature appears below:

