

**T'ai Chi Chih<sup>®</sup> Teachers Online Retreat**  
**In Your Own Home**  
**Via Zoom**

**April 7- 10, 2022**

**\* Re-Connecting \***

**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 rejuvenation and retreat from the stresses of daily life, as well as provide a wonderful opportunity to connect with Sandy, Pam and other teachers from across the country.

Due to increased health and safety concerns from COVID, this has been changed from in person to 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!**

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**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 \$200 per person**

**Payment in full is due by March 10. No refunds after March 1, 2021.**

**Please pay by check to Pam Towne, address below.**

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 host:**

Pam Towne  
234 Hoover St.  
Oceanside, CA 92054

**Other questions? Call, text or email Pam (Pacific time zone):**

**(760) 421-7589 cell [pamtowne@gmail.com](mailto:pamtowne@gmail.com)**