

# T'ai Chi Chih® Intensive

8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> October and 16<sup>th</sup>, 17<sup>th</sup> October

In Your Own Home

Via Zoom

Led by Teacher Trainer, Daniel Pienciak

Hosted by Lesley Nell

**Designed for teacher candidates and serious students**

The focus of the Intensive will be on **How to Move** well for the greatest flow of Chi.

**Flowing from the Center, Yinning & Yanging correctly, Moving with Softness**

**The heart of the Intensive will be refining & deepening your T'ai Chi Chih practice.**

**Teacher Candidates** will receive excellent preparation for the Teacher Accreditation course, and leave knowing what you still need to work on before attending accreditation.

**Serious Students** (who have practiced regularly for at least a year) will immerse yourself in T'ai Chi Chih, gaining a greater Chi flow, as well as a deeper understanding and appreciation of this beneficial practice.

**Limited spaces available, so reserve your space now!**

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**Intensive begins** Friday 8<sup>th</sup> October at **9.30 am**. **Friday session will be from 9.30 am to 12.00 noon and 1.30 pm to 4.00 pm. Plan to arrive between 9.00 am and 9.15 am EDT to check in via Zoom.** Saturday and Sunday hours for both weekends are 8.30 am to 12.00 noon and 1.30 pm to 4.00 pm EDT. The session from 8.30 am to 9.30 am on Saturdays and Sundays will be a shortened full practice plus Q&A led by Lesley Nell.

**Tuition** for this four day course is still only **\$250**.

Due to health and safety concerns from the corona virus, we will not be meeting in person. Instead, this will be an **online course using Zoom**. You do not even need a Zoom account. You will receive an emailed link to click to join the 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. Having a connection between your device and a large screen TV or monitor is ideal.

**Meals** are up to you. 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 eat with others in person.

**REGISTRATION FORM**

**T'ai Chi Chih® Intensive**

**8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> October and 16<sup>th</sup>, 17<sup>th</sup> October**

In Your Own Home

Via Zoom

NAME \_\_\_\_\_

NAME YOU LIKE TO BE CALLED \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

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

YOUR TEACHER'S NAME \_\_\_\_\_

Circle one:    Teacher Candidate    Serious Student

**Tuition for the Intensive is \$250** per person:

(\$50 not refundable)

Payment in full is due by 17<sup>th</sup> September. No refunds after 17<sup>th</sup> September

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 \_\_\_\_\_

**Please fill out this registration form (keep a copy for yourself) and email it to Lesley Nell at [lesleynell@yahoo.co.uk](mailto:lesleynell@yahoo.co.uk).**

**US students, please send your check or money order payable to Daniel Pienciak and mail to:-**

TCC Intensive  
PO Box 231  
Bradley Beach  
NJ 07720

**Questions? Email Lesley at [lesleynell@yahoo.co.uk](mailto:lesleynell@yahoo.co.uk)**