

# T'ai Chi Chih® Intensive

March 4,5,6,12 & 13, 2022

In Your Own Home

Via Zoom

**Led by Teacher Trainer, April Leffler**

Hosted by Kathleen McAllister

**Designed for teachers, 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, Yinling & Yanging correctly & Moving with Softness**

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

**Teachers** will also learn to develop a discerning eye for seeing what corrections students need, as well as knowing when they are ready for Teacher Accreditation...and when they are **not**. This is a wonderful opportunity to connect with April and receive feedback.

**Teacher Candidates** will receive excellent preparation for the Teacher Training 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 to 18 participants.**

\*\*\*\*\*

**Intensive begins Friday, March 4 at 10:00 am Eastern Standard Time. Plan to arrive between 9:30 & 9:45 am to check in via Zoom.** Friday, March 4 thru Sunday, March 6<sup>th</sup> AND Saturday, March 12 hours are 10:00 am to 4:30 pm (**EASTERN STANDARD TIME**) with a lunch break. The final day is **Sunday, March 13 from 11:00-5:30pm**. Note schedule change due to the start of Daylight Savings Time.

**Since folks often live in all time zones at these events, it is highly recommended that you set a small clock near your computer to Eastern Standard Time to keep everyone on the same page.**

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

**Scholarships:** Scholarships may be available for up to \$125 per person for Intensives and are based on financial need. The course host approves the scholarship request based on availability of funds. Please inquire about scholarship availability with the course host who will send you an application form.

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 and highly recommended.** It is very important that the Teacher Trainer will be able to see you onscreen from head to toe.

**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<sup>®</sup> Intensive With April Leffler March 4,5,6,12 & 13, 2022 In Your Own Home Via Zoom

NAME \_\_\_\_\_

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

YOUR TEACHER'S NAME (for students) \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

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

Circle one:    Teacher                      Teacher Candidate                      Serious Student

**Tuition for the Intensive is \$250** per person: Payment in full is due by February 11, 2022. Partial scholarship of up to \$125 is available for those who would not be able to attend without financial assistance. Contact Kathleen McAllister for Scholarship Application form.

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

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 send it with your check payable to host:**

Kathleen McAllister  
2855 Old Cedar Grove Road, Broomall, PA 19008

**Questions? Call, text or email Kathleen 610-308-4846 ~ TccTeacher555@gmail.com**