

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

May 5 – 8, 2022

****DEEPENING OUR PRACTICE of JOY THRU MOVEMENT****

“Joy becomes our natural heritage.” -- Justin Stone

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. Teacher candidates will receive individual feedback from her as a teacher trainer.

Due to ongoing health and safety concerns from the corona virus, this will be a **live online retreat using Zoom**. 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, tablet or smart phone 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 3:30 pm Pacific time, TCC practice at 4:00 and a Welcome meeting at 5:00. We will have a TCC Workshop 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 in advance and either have them prepared in advance or simple to put together. 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.

REGISTRATION FORM

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NAME(s) _____

NAME(S) YOU LIKE TO BE CALLED _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (please print very clearly) _____

Cost is just \$200 per person.

Payment in full is due by May 1st. No refunds after May 1, 2022.

Please pay by check to address below.

Amount Submitted: _____ Check Number _____

I will be using a PC _____ Mac _____ Tablet _____ iPad _____

My experience using Zoom is: None _____ Calls to family & friends _____

Meetings _____ Taking Classes _____ Teaching Classes _____

Circle One: Teacher Teacher Candidate Student

Please fill out this registration form and send it (keep a copy for yourself) with your check made payable to Pam Towne. Mail both to:

Pam Towne
234 Hoover St.
Oceanside, CA 92054

**Other questions? Call or text Pam Towne at 760- 421-7589
or email: pamtowne@gmail.com**