

T'ai Chi Chih® Intensive

August 4-7, 2022

In Your Own Home Via Zoom

Led by Teacher Trainer, **Sandy McAlister**
Hosted by Steve Stevens, biobikr@gmail.com

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

The heart of the Intensive will be refining & deepening ones 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 themselves in T'ai Chi Chih, gaining a greater Chi flow, as well as a deeper understanding and appreciation of this beneficial practice.

Teachers will deepen their own practice, and 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. You will have a wonderful opportunity to connect with Sandy and receive feedback.

***** **Limited to 18 participants.** *****

WHEN: Intensive begins Thursday, August 4th at 11am Eastern Daylight Savings Time (EDT). **Plan to arrive between 10:30 & 10:45 am to check in via Zoom.** Thursday thru Saturday hours are 11:00 am to 6:30 pm with a lunch break. Sunday, the final day, is from 11:00-3:30. **(Since we often live in different time zones at these events, it is recommended that you set a clock to Eastern Daylight Time to keep everyone on the same 'time page')**

COST: Tuition for this four-day course is **\$250**. Payment can be by check, PayPal (stevens9757@bellsouth.net), or a traditional money order. **Payment should be made out to Steve Stevens.**

Scholarships: May be available for up to \$125 per person. The course host approves the scholarship request based on availability of funds. Please inquire about scholarship availability with the **course host** who will then send an application.

This will be an **online course using Zoom**. You do not need a Zoom account, although it's a good idea so that your settings get saved. You will receive an emailed link to join the sessions. You can use a computer or tablet with a camera and microphone. It is very important that the Teacher Trainer be able to see the 'whole you', from head to toe, which will put you back from the screen. **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 recommended. A separate camera can also help.**

Meals are up to you. It is recommended that you plan meals ahead and either have them prepared in advance or easy 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.

Contact **Host Steve Stevens** if you have questions.

biobikr@gmail.com

828-776-9489 (cell) or 828-252-9489 (home)