

T'ai Chi Chih® Intensive

March 30 – April 2, 2023

In Your Own Home

Via Zoom

Led by Teacher Trainer, Pam Towne

Hosted by Jessica Lewis

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, Yinning & Yanging correctly, and 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**. You will have a wonderful opportunity to connect with Pam and other teachers, as well as earn **30 hours of CEUs**.

Teacher Candidates will receive a required part of your preparation for the Teacher Accreditation course, and leave knowing what you still need to work on beforehand.

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

Limited to 14 participants, so reserve your space now!

Intensive begins Thursday, March 30 at 8 am Pacific time. **Plan to arrive by 7:45 am to check in via Zoom.** Thursday thru Saturday hours are 8 am to 4:30 pm with several short breaks and a meal break from 12 to 1:30. Sunday hours are 8 am to 12 noon (all times indicated are Pacific time.)

Tuition for this four-day course is **\$300 (if paying by check)** or **\$311 (if using PayPal)**. Partial scholarships are available for those who would not be able to attend without financial assistance. Contact Jessica for a simple Scholarship Application form.

Online course using Zoom. 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 for the trainer to 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 during the meal break. This will facilitate getting to know people better, just as you would during meals if we were in person.

REGISTRATION FORM

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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 \$300 (if paying by check) or \$311 (if using PayPal).

Payment in full is due by March 1, 2023.

\$50 not refundable if cancelled within two weeks before the Intensive.

Partial scholarships are available for those who would not be able to attend without financial assistance. Contact Jessica for a simple Scholarship Application form.

Amount Submitted: _____ Method of payment (circle one: Check PayPal)

If paying by check please indicate # _____

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 completely, keeping a copy for yourself, and mail along with your check payable to:

Jessica Lewis
2506 Wilson Avenue
Claymont, DE 19703

If paying via PayPal feel free to email this registration form as an attachment.

**Utilizing the PayPal option or have any additional questions? Call, text, or email Jessica:
302-593-5005 (cell) or jhtl0521@gmail.com**