

T'ai Chi Chih[®] Teachers Retreat

**Prince of Peace Abbey Retreat Center
Oceanside, California**

June 1 - 4, 2023

*** Coming Home ***

To stillness between the movements, to your personal practice, to each other in person!

Led by Sandy McAlister, Guide of the TCC Community

Hosted by Pam Towne, TCC Teacher Trainer

RELAX and retreat from everyday activities on the beautiful grounds of the hilltop Benedictine Abbey. Enjoy quiet time walking peaceful garden paths or sitting in the Meditation Garden.

REFINE your movements, deepen your T'ai Chi Chih practice, and cultivate both the Prana (Energy) and Prajna (Wisdom) aspects of the Chi!

RENEW your body, mind, spirit AND in this nurturing and serene setting.

Designed for teachers of T'ai Chi Chih to deepen your understanding and experience of this essentially spiritual form of moving meditation. Learn new teaching tips and uplevel your teaching skills. This is a wonderful opportunity to connect with other teachers from around the country and to learn first-hand from Sandy and Pam.

Bring along a spouse or friend (over 18) to do their own thing while you are in session. This is a great place to hike, read, do photography, artwork, or simply relax in a serene setting. We'll be about 4 miles from the beach and 4 miles from the historic Mission San Luis Rey.

Register now... space is limited in this Retreat!

The Retreat begins on Thursday, with check-in 3:00 to 4:00pm, and ends with lunch on Sunday. Pricing includes **3 nights** lodging (single or double occupancy, Thursday thru Saturday nights) **and 9 meals** (Thursday dinner thru Sunday lunch).

Pre or Post event Lodging may be available at the Retreat Center. You can also check online for local hotels or Airbnb.com for accommodations.

Transportation from Oceanside Amtrak station or San Diego Airport to Retreat Center may be arranged with local TCC students upon request. Uber and Lyft also available. Driving directions will be sent later.

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Registration Form

NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (print very clearly) _____

Payment in full is due now. (\$50 not refundable)

Refunds only if your space is filled.

Cost is per person and includes 3 nights lodging & 9 meals (Thursday dinner thru Sunday lunch)

Circle room preference: Every room is on ground floor & has its own bathroom.

Single \$550 .

Double \$515

Amount Submitted: _____ Check # _____

Circle One: Teacher Guest

Circle one: I will be... *Driving Flying Taking Amtrak* to Oceanside

Choice of roommate: (Double rooms only) _____

Please fill out this registration form and send it (keep a copy for yourself) with your check made out to host:

Pam Towne

234 Hoover St.

Oceanside, CA 92054

Other questions? Call, text or email Pam:

(760) 421-7589 cell pamtowne@gmail.com