

T'ai Chi Chih® Retreat

**Prince of Peace Retreat Center
Oceanside CA**

March 24-26, 2026

*** Deepening Your T'ai Chi Chih Practice ***

Led by Pam Towne, TCC Teacher Trainer

RELAX and retreat from everyday activities on the beautiful grounds of the hillside 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 experience a greater flow of Chi and more JOY thru Movement!

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

This Retreat is for students (who know at least half of the 20 movements) and teachers of T'ai Chi Chih to deepen your understanding and experience of this effective form of moving meditation. This is a wonderful opportunity to connect with others in the T'ai Chi Chih Community, and to learn first-hand from Pam.

Bring along a spouse or friend (over 18). If they are not familiar with T'ai Chi Chih, this is a great place to hike, read, do photography, artwork, go to the beach or simply relax in a serene setting.

Register now...there is only space for 18 participants in this Retreat!

The Retreat begins on Tuesday with check in 3:00 to 4:00 pm, and ends with lunch at 12:00 on Thursday. Pricing includes **two nights lodging** (single or double occupancy, Tuesday and Wednesday nights) **and 6 meals** (Tuesday dinner through Thursday lunch).

Pre & Post event Lodging may be available at the Retreat House; check with Michelle. You can also check online for local hotels or AirB&B.com for accommodations.

Transportation to Oceanside is available with Amtrak. If flying, the closest airport is San Diego (SAN). Uber and Lyft are available from either. Driving directions will be sent later.

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NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (print very clearly) _____

A \$200 deposit per person will reserve your space. Payment in full is due by January 15, 2026. (\$50 not refundable) Refunds only if your space is filled.

*Cost is per person and includes the Retreat program plus **2 nights** lodging & **6 meals** (Tuesday dinner thru Thursday lunch).*

Circle room preference: Every room is ground floor with your own bathroom.

Single \$ 465

Double \$ 425

Amount Submitted: _____ Check # _____

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:

Michelle Sarubbi
8030 La Mesa Blvd # 504
La Mesa, CA 91942

Paypal is available; please contact Michelle for Paypal fee.

Other questions? Call, text or email Michelle:

(619) 619-672-3237 taichichihwithmichelle@gmail.com