

# T'ai Chi Chih® Intensive

June 24 – 28, 2026

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**. This course is a must if you are preparing a teacher candidate!

**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!**

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**Intensive begins** Wednesday, June 24 at 8 am Pacific time. **Plan to arrive by 7:45 am to check in via Zoom.** Wednesday, Thursday & Saturday hours are 8 am to 4:30 pm with several short breaks. Meal breaks on all three days will be from 12 to 1:30. Sunday hours are 8 am to 12 noon (all are Pacific time). Our "down day" on Friday will be perfectly timed to allow for review and integration of what's already been revealed during the first two days, as well as assigned homework.

**Tuition** for this four-day course is **\$350 (if paying by check or Zelle)** or **\$361.50 (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.

**Connectivity during your online course:** Jessica will email you a single link to join all sessions. You may use any device to log in (computer, laptop or tablet with a camera and microphone). However, you also need to utilize a large-screen TV or external monitor, and set up your space **so you can be seen from head to toe, plus you can clearly see and hear the trainer when you step back to practice TCC.** Jessica will share simple techniques to assist you.

**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

T'ai Chi Chih® Intensive

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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 \$350 (if paying by check or Zelle) or \$361.50 (if using PayPal).**

Payment in full is due by June 3, 2026.

\$50 not refundable if cancelled within three 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'll be using a \_\_\_\_\_ (describe your device) connected to a large TV \_\_\_\_\_ or external monitor \_\_\_\_\_ (check one)

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**