

T'ai Chi Chih® Retreat

Prince of Peace Retreat Center
Oceanside, CA

March 19th – March 21st, 2027

Led by Pam Towne, Teacher Trainer

Deepening Your T'ai Chi Chih Practice

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 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 a 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 Friday with check in 3:00 pm to 4:00 pm and ends on Sunday with lunch. Pricing **includes two nights lodging** (single or double occupancy, Friday and Saturday nights) **and 6 meals** Friday dinner through Sunday lunch.

Pre and 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) _____ CALL ME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL (PRINT VERY CLEARLY) _____

BEST CONTACT PHONE NUMBER _____

A \$200.00 deposit per person will reserve your space. Payment in full is due by JANUARY 15TH 2027. (50.00 non refundable). Refunds only if your space is filled.

Cost is per person and includes the Retreat program plus **2 nights** lodging and **6 Meals** (Friday dinner through Sunday lunch).

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

Single \$465.00

Double \$425.00 per person

Choice of roommate (if double room) _____

Do you need special accommodations- Please circle – ADU or near Meeting Room

Amount Submitted: _____ Check # _____

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

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

Venmo & PayPal are available with an additional fee. Please contact Michelle for more information about Venmo, PayPal or any questions about the Retreat in general.

Call, text or email Michelle

cell: 619-672-3237

or email at taichichihwithmichelle@gmail.com