

**Spring T'ai Chi Chih® Retreat with Sister Antonia Cooper
Spiritual Renewal Center in Albuquerque, NM—April 15-18, 2010**

The T'ai Chi Chih Association is happy to sponsor the 5th Annual Spring T'ai Chi Chih Retreat with Sister Antonia Cooper, Guide for TCC. Students who have completed the 8-week course are welcome to join with T'ai Chi Chih teachers to share, learn and deepen your practice.

We will gather at the beautiful Spiritual Renewal Center along the banks of the Rio Grande River and flow into this year's theme -- "Flowing With Softness and Continuity in Our TCC Practice and Beyond".

Each attendee will have a single room with communal bath, and access to a full kitchen and lounge area. The cost is \$305 per person, which includes lodging for Thursday-Saturday nights and meals beginning with breakfast Friday morning and ending with lunch on Sunday. Check-in starts Thursday at 6:00 PM and the Retreat begins with a group meeting with Sister Antonia at 7:30 PM.

A \$50 non-refundable deposit will hold your place, with the balance due by March 15, 2010. A confirmation of your registration will be emailed to you, and will only be mailed if you do not have email. We look forward to seeing you in April.

Make checks payable to: TCC Association

Mail to Registrar: Ginny Morgan

1600 Camino De La Sierra NE
Albuquerque, NM 87112-4938

Direct any questions to:

Ginny Morgan, Registrar
(505) 292-6869

goldchaseg@aol.com

or Beth Cameron, Host
(505) 268-3346

bethcam99@aol.com

Registration - Spring T'ai Chi Chih® Retreat--April 15-18, 2010

Print Clearly: Name _____ Student _____ Teacher _____

Email Address: _____ Phone:(_____) _____

Mailing Address (include zip code) _____

Meals: (circle one) Vegetarian (eggs & cheese included) **or** Regular (chicken and fish)

The Retreat kitchen is unable to provide for other special dietary restrictions. Bring special foods you need and keep them in the lounge refrigerator.

Amount

Enclosed _____ Date: _____