

T'ai Chi Chih Intensive

with Sandy McAlister, Teacher Trainer

Rockhaven Ecozoic Center, 7622 Rivermont Trail, House Springs, MO 63051-2030

April 8 - 11, 2010

Begins Thursday at 9:00 am and ends Sunday at noon

Intensive Registration Fee is \$200 (some scholarship money is available)
Retreat Center Cost for three nights and nine meals is \$250

This three and a half day course is designed for accredited T'ai Chi Chih teachers, teacher candidates, and serious students (practicing T'ai Chi Chih regularly for at least a year). Immersion in our T'ai Chi Chih practice is the essence of this workshop: starting with our foundation, moving into weight shift, exploring the movement patterns, and learning to let go, allows the whole of the movement to flow from the center. Teachers will learn to develop a discerning eye for seeing what corrections a student needs and how to make them, as well as knowing when they are ready for Teacher Training and when they are not.

Teacher Candidates begin the move from student to teacher by taking their practice to another level in preparation for the Teacher Training course, and leave knowing what they still need to improve before attending a Teacher Training.

Serious Students immerse themselves in the T'ai Chi Chih form, gaining a stronger connection and flow in their practice.

Rockhaven Ecozoic Center is nestled on the Big River just south of St. Louis. Check it out at www.rockhavencenter.org. Meals are mostly organic and locally produced.

Contact person: Susan Kissinger, 314.647.7832, joythrumovement@sbcglobal.net

Registration Information

TCC Intensive, St. Louis, MO, April 8-11, 2010 (Mail to Susan Kissinger, 60 Lake Forest Drive, St. Louis, MO 63117-1303, with check for \$450 made payable to Susan Kissinger)

Name _____

Email _____ Phone number _____

Address _____

_____ Accredited TCC teacher _____ Teacher candidate _____ Serious student

Food concerns/restrictions _____
