

N. J. T'ai Chi Chi INTENSIVE Course  
( with TCC Trainer Pam Towne)

When: April 15-18, 2010

Where: Mt. St. Francis Retreat Center, Ringwood,

Arrival: after 4pm Wednesday Evening, April 14th, (supper available 5pm)

Departure: Sunday after lunch, April 18<sup>th</sup>, 2010

Tuition: \$200      Room and Board: approx, \$275 inclusive, (exact amount tba)

Accommodations: Single and double rooms, shared baths

WHO FOR: Serious students, possible teacher accreditation candidates\*, and accredited teachers. We are ALL students at a TCC Intensive! Come and learn, deepen, refresh!

\*There is no better preparation for accreditation than participation in an intensive!

WHAT: A T'ai Chi Chih Intensive Course is three and a half days of deep work on your TCC movements to enhance the flow of chi, the benefits you receive, and your enjoyment of your TCC practice. YOU MUST BE ABLE TO ATTEND ALL 3 ½ DAYS in order to register for this course.

Learn how to more deeply integrate the principles of how to move into your TCC movements and "enter the cosmic rhythm" of the chi.

You will be given specific advice/evaluation about your movements, and what you most need to work on to enhance your practice and the flow of the chi.

Taught By: T'ai Chi Chih Teacher Trainer Pam Towne

Hosted by: Daniel Pienciak, accredited TCC teacher

TO REGISTER

CONTACT DANIEL (preferably by email at: [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)).

TO SECURE YOUR RESERVATION (first come, first served), Mail in your *non-refundable* deposit of \$150, **payable to DANIEL PIENCIAK**, (\$100 for tuition deposit, \$50 applied to room and board). *Deposit due by February 15<sup>th</sup> to hold your reservation* on space available basis.

And send to: AJ/TCC INTENSIVE, PO BOX 231, Bradley Beach, NJ 07720

Balance of \$325 DUE BY April 1<sup>st</sup> at the above PO Box, please!

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*Please detach and mail with your check.* PLEASE PRINT ALL INFO AND SIGN BELOW:

Name \_\_\_\_\_ Telephone number \_\_\_\_\_

Email \_\_\_\_\_ (if student) my teacher is \_\_\_\_\_

Mailing Address \_\_\_\_\_

Plus zip code \_\_\_\_\_

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\_\_\_\_ I enclose a \$150 non-refundable deposit to secure my reservation

\_\_\_\_ I enclose full payment (\$150 non-refundable) of \$200 plus approx \$275 (Total of \$475).

In registering, I understand that late cancellation could result in up to 50% forfeiture of entire cost, if necessary. I also understand that I must attend all 3 ½ days of this course in order to participate.

\_\_\_\_\_ signature \_\_\_\_\_ date