



# T'ai Chi Chih® Workshop



Led by Sister Antonia Cooper, Guide of the TCC Community

Join the local T'ai Chi Chih community for this special event  
At the Hillside Clubhouse at Rossmoor in Walnut Creek

*Teachers and students of all levels are welcome!*

Saturday, February 20, 2010

10:00am. – 4:30pm.

Cost: \$45

Sister Antonia with her amazing understanding of T'ai Chi Chih will guide us in exploring  
“Applying the Principles ...with Compassion”.

A great opportunity to *refine* and *deepen* your TCC practice and to *feel* the group Chi.

*Please bring a bag lunch. Cookies and beverages will be provided. (Refrigerator space available. There is a Safeway Deli just outside Rossmoor to buy lunch before you come in.)*

***Please be early and ready to begin moving at 10:00.***

**Directions to the Hillside Clubhouse at Rossmoor ~ 1641 Tice Valley Blvd, Walnut Creek**

**From Highway 24, either East or West** take the Pleasant Hill Road South exit

Go 1 mile south on Pleasant Hill Road to Olympic Blvd. and turn left.

Go 8/10 mile east on Olympic Blvd. and turn right onto Tice Valley Blvd..

Go 7/10 mile south on Tice Valley Boulevard to Rossmoor Parkway and turn right.

**Follow Rossmoor Parkway to the Rossmoor entry plaza.** Use the two left lanes marked for visitors ("no bar code"). Take the first right turn (Golden Rain Rd) and go to Upper Golden Rain Rd. Turn left and go a short distance. You will see the Hillside Clubhouse on the left (with lawn bowling green); park in the parking lot and follow signs to the Diablo Room (first room).

**From Highway 680,** take the Olympic Blvd. exit; go west about a mile to Tice Valley Blvd. Turn left on Tice Valley, and follow the above directions into Rossmoor.

**For questions** or information contact *Host:* Athene Mantle at [chigoddess@hotmail.com](mailto:chigoddess@hotmail.com) or 510/828-8896

**REGISTRATION: (Due by Feb 13th)**

Send \$45 check payable to “Athene Mantle” to **Athene Mantle, P.O. Box 26332 San Jose, CA 95159**

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Name: \_\_\_\_\_ Student \_\_\_ Teacher \_\_\_

Email: \_\_\_\_\_ Phone# \_\_\_\_\_