



T'ai Chi Chih® Experience For Teachers



All *TCC* Teachers Are Invited To This Special Event
At The Highlands Country Club in Oakland

Sunday, February 21, 2010

10:00am. – 4:00pm.

Cost: \$45

Led by Sr. Antonia Cooper, Guide of the TCC Community!



Our special guest Sr. Antonia will lead us into the depths of *TCC* as only she can do with her remarkable understanding of *T'ai Chi Chih*. As a special gift to us, this is our opportunity as individuals and as a community to explore *T'ai Chi Chih* together. We will look at “applying the principles ...with compassion”. We are looking forward to the same amazing success as last year.

All teachers are encouraged to attend both Saturday and Sunday. There will be continuity between both events and something special about each day. This is an event we will all want to attend.

Please bring a bag lunch. Special desserts and beverages will be provided.

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

Location: Highlands Country Club, 110 Hiller Drive, Oakland CA 510.849.0743

For questions contact Host: Athene Mantle at chigoddess@hotmail.com or call 510.828.8896

Send **checks payable** to Athene Mantle, to Athene Mantle P.O. Box 26332 San Jose Ca 95159.

Registration: Due by February 13

Name: _____ Sunday Only\$45 ___ Both Days\$90___

Email: _____ Phone# _____

“Under Sr. Antonia’s guidance, the Light of T’ai Chi Chih promises to shine brighter through all of us.”