

***T'ai Chi Chih*® Intensive**

**June 23 - 26, 2009
Mt. Calvary Retreat House
Santa Barbara, CA**

*** Enhancing the Intrinsic Energy Flow ***

**Led by Teacher Trainer Sandy McAlister
Designed for teachers, teacher candidates and serious students**

The focus of the Intensive will be on ***How to Move*** well for the greatest flow of Chi:
Flowing from the Center, Yinning & Yanging correctly, Moving with Softness

The heart of the Intensive will be refining & deepening your *T'ai Chi Chih* practice

Teachers will also learn to develop a discerning eye for seeing what corrections students need, as well as knowing when they are ready for Teacher Training...and when they are **not**.

Teacher Candidates will receive excellent preparation for the Teacher Training course, and leave knowing what they still need to work on before attending training.

Serious Students (who have practiced regularly for at least a year) will immerse themselves in *T'ai Chi Chih*, gaining a greater flow and stronger understanding of this beneficial practice.

All will receive individual feedback.

Space is **limited to 20 participants**, so reserve your space now.

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Intensive begins Tuesday, June 23rd, at 9:30am. Plan to arrive at 9:00am when the Retreat House opens to check in. Tues. thru Thurs. hours are 9am to 5:30pm, with a 1½ hour lunch break & possible evening group activities. Friday will be 9am to 12:00pm followed by lunch. The fee for this four day course is only **\$200**.

Lodging is on site at the Mt. Calvary Retreat House, high on a ridge overlooking Santa Barbara & the Pacific Ocean. This peaceful, secluded setting is ideal for immersing ourselves in TCC for four days. The low cost of **\$250** includes **3 nights** lodging **double occupancy** (Tues. thru Thurs. nights) **and 10 meals** (Tues. lunch thru Fri. lunch). **\$300 single occupancy**. Reserve room thru host Tony Johansen 805-687-1045 trjohansen@msn.com.

Pre & post event lodging is not available at Mt. Calvary. Local hotel info will be provided upon request. If you're coming from out of the area, plan to arrive on Monday.

Transportation to Mt. Calvary is available from LAX or Santa Barbara Airports thru Santa Barbara Air Bus (800) 733-6354. Driving directions will be sent later.

REGISTRATION FORM
T'ai Chi Chih® Intensive

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Mt. Calvary Retreat House
Santa Barbara, CA

NAME _____

YOUR TEACHER'S NAME (for students) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (print very clearly) _____

Teacher Teacher Candidate Serious Student (Please circle one)

Are you...Driving _____ or Flying into _____ Airport on _____ date

At _____ time on _____ Airline, Flight # _____

(If you don't have flight info yet, please email or phone it to Tony when you have it
...go ahead & send in your registration now to hold your space)

Cost for the Intensive:

\$200.00 tuition, for Student or Teacher

\$250.00 room & board double occupancy

or \$300 single occupancy

Check number _____ Date of check _____ Amount of check _____

\$450 provides payment in full for a double room (\$500 single).

If necessary, you can send \$200 now to reserve your space (\$50 not refundable) & the balance by April 20.

No refunds after April 28, 2009. Space is limited to 20 participants.

Please mail this registration form and a check payable to Tony Johansen by Dec. 1:

Tony Johansen

(keep a copy for yourself)

2830 Glendessary Lane

Santa Barbara, CA 93105

trjohansen@msn.com

Other questions? Email or call Tony (805) 687-1045