

# Spring T'ai Chi Chih Retreat with Carmen Brocklehurst

March 11 -14, 2010

*Justin Stone said "T'ai Chi Chih can be a loving, as well as healing, experience", [taken from the T'ai Chi Chih textbook]. Spend a few spring days by the banks of the Rio Grande River to uncover the love and the healing. The Spring T'ai Chi Chih Retreat is an excellent opportunity to go deeper in your practice and to connect with the T'ai Chi Chih community. Carmen Brocklehurst, a T'ai Chi Chih teacher for 30 years will lead this retreat. Carmen was featured on the T'ai Chi Chih TV series on PBS. This retreat is for those who have already learned the T'ai Chi Chih movements.*

*The retreat will begin Thursday evening at 7:00 pm and will conclude on Sunday after lunch. The retreat will take place at the Spiritual Renewal Center in Albuquerque, NM located along the Rio Grande River on Coors, near La Orilla Road. If you need additional information, feel free to contact Judy Hendricks, 505-897-3810, e-mail is judyhendricks@me.com. The cost of the retreat is \$305, which includes lodging (a private bedroom with a communal bath), all meals and snacks. Please join us for this great opportunity to practice T'ai Chi Chih in this beautiful setting.*

*Arrive Thursday March 11th at 7 pm (No dinner). An introduction will begin at 8:00 pm. Depart March 14th after lunch. We can arrange transportation to and from the airport, but if you will be arriving during the retreat activities, you will need to take a cab (Approximately \$50).*

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*Cut off and return. Registrations will be on a first come/first serve basis. Space is limited.*

**Deadline for registration is March 1<sup>st</sup>.**

**Spring T'ai Chi Chih Retreat – with Carmen Brocklehurst – March 11 -14, 2010**

Name: \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_  
Phone H: \_\_\_\_\_ W: \_\_\_\_\_ Cell \_\_\_\_\_  
E-mail \_\_\_\_\_ Meal Preference:  Vegetarian  Regular

*A check for \$75 sent before the deadline will reserve your spot.*

*Check payable to: Judy Hendricks. (\$75 non-refundable)*

*Please send to: Judy Hendricks, 10328 Rio Los Pinos Dr. NW, Albuquerque, NM 87114.*