

T'ai Chi Chih[®] Retreat

**Mt. Calvary Retreat House
Santa Barbara, California**

February 3 – 6, 2009 for TCC Students & Teachers

*** FLOWING FROM THE CENTER with JOY ***

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

Hosted by Pam Towne, TCC Teacher Trainer

RELAX and retreat from everyday activities in the peaceful, secluded foothills of Santa Barbara with beautiful panoramic views of the Pacific Ocean & coastal mountains.

REFINE your movements, deepen your T'ai Chi Chih practice and experience a greater flow of Chi and more JOY thru Movement!

RENEW your body, mind and spirit in this nurturing and serene natural setting.

This Retreat is for students (who know at least half of the 20 movements) and teachers of T'ai Chi Chih to deepen your understanding and experience of this essentially spiritual form of moving meditation. This is a wonderful opportunity to learn first-hand from Antonia, Pam and the attending teachers.

Bring along a spouse or friend (over 18). If they are not familiar with T'ai Chi Chih, this is a great place to hike, read, walk the labyrinth, do photography, artwork, or simply relax in a serene setting.

Register early...space is limited to 22 people in this Retreat!

The Retreat begins on Tuesday, with check-in 3:00 to 4:00pm, and ends at noon on Friday. Pricing includes **3 nights** lodging (single or double occupancy, Tuesday thru Thursday nights) **and 9 meals** (Tuesday supper thru Friday lunch).

Pre & Post event Lodging is not available at Mt. Calvary. Local hotel info will be provided upon request.

Transportation to Santa Barbara is available from LAX Airport thru Santa Barbara Air Bus (800) 733-6354 or www.sbairbus.com online. Rides may be arranged from the Air Bus stop, Santa Barbara Airport or Amtrak Station to Mt. Calvary upon request. Driving directions will be sent later.

REGISTRATION FORM

T'ai Chi Chih[®] Retreat

February 3 – 6, 2009

Mt. Calvary Retreat House
Santa Barbara, California

NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (print very clearly) _____

\$150 per person deposit is required to hold your reservation. (\$50 not refundable)
Payment in full is due by December 1st, 2008. **No refunds after Jan. 1, 2009.**

Hurry –Space is limited to 22 people in this Retreat

Cost is per person and includes 3 nights lodging & 9 meals.

Please circle room preference:

Single \$400 (8 available)
Double \$350 (14 available)

Amount Submitted: _____ Balance Due by Dec. 1: _____

Circle One: *Teacher* *Student* *Guest*

Circle one: I will be... *Driving* *Flying* *Taking Amtrak* to Santa Barbara

Choice of roommate: (Double rooms only) _____

Special Needs: _____

Please fill out this registration form and send it (keep a copy for yourself) with your check made out to host:

Pam Towne
234 Hoover St.
Oceanside, CA 92054

Other questions? Call or email Pam:

(877) 982-4244 (760) 722-9544 pamtowne@sbcglobal.net