

T'ai Chi Chih*[®] *Retreat
Mt. Calvary Community at St. Mary's Retreat House
Santa Barbara, California

February 28 – March 2, 2012

*** 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 beautiful foothills of Santa Barbara. Enjoy quiet time on the patio gazing at majestic mountain views, walking peaceful hillside paths or the labyrinth.

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 connect with others in the TCC Community, and 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, do photography, artwork, or simply relax in a serene setting.

Register early...there is only space for 15 participants in this Retreat!

The Retreat begins on Tuesday, with check-in 3:00 to 4:00pm, and ends with lunch at 12:30 on Friday. Pricing includes **3 nights** lodging (single or double occupancy, Tuesday thru Thursday nights) and **9 meals** (Tuesday dinner thru Friday lunch).

Post event Lodging MAY be available at the Retreat House, but not beforehand as they are closed Sunday and Monday. Contact Pam about this, or to request local hotel information.

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 the Retreat House upon request. Driving directions will be sent later.

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NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (print very clearly) _____

\$200 per person deposit is required to hold your reservation. (\$50 not refundable)
Payment in full is due by December 1st, 2011. **No refunds after Jan. 1, 2012.**

Cost is per person and includes 3 nights lodging & 9 meals (Tuesday dinner thru Friday lunch)

Please circle room preference:

Single \$425
Double \$375

Amount Submitted: _____

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: (meals, ground floor room, etc) _____

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 or (760) 722-9544 pamtowne@gmail.com