

**T'ai Chi Chih<sup>®</sup> Teachers Retreat**  
**Mt. Calvary Community at St. Mary's Retreat House**  
**Santa Barbara, California**

**March 6 - 9, 2012**

**\* LOVE ENERGY IS THE FRUIT \***

**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.

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

**REFRESH** your TCC practice and refine your TCC movements.

**DEEPEN** your understanding of T'ai Chi Chih practice and Justin Stone's words: "Awareness is the root of T'ai Chi Chih, which is essentially inner-oriented. Circularity is the fundamental. Softness and continuity are the Essence. When we practice T'ai Chi Chih faithfully, we will find that Love Energy is the fruit."

This Retreat is for T'ai Chi Chih teachers to **deepen your experience and appreciation** of this essentially spiritual form of moving meditation. This is a wonderful opportunity to learn first-hand from Antonia and Pam, to **connect with other teachers**, and to **envision the future of TCC**.

**Register early...there is only space for 15 teachers in this Retreat!**  
If space is available, you may bring your partner who is not a TCC teacher

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**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](http://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) \_\_\_\_\_

\$150 per person deposit is required to hold your reservation. (\$50 not refundable)  
Payment in full is due by December 1<sup>st</sup>, 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](mailto:pamtowne@gmail.com)