



T'ai Chi Chih[®] Retreat
at Chapel Rock
Prescott, Arizona

October 4 - 7, 2012 for TCC Students and Teachers

****DEEPENING YOUR T'AI CHI CHIH PRACTICE****

Led by Pam Towne, TCC Teacher Trainer

Hosted by Accredited Teacher, Hope Spangler

RELAX and retreat from everyday activities in the foothills of the Bradshaw Mountains. Enjoy quiet time among pinion pines on peaceful, wooded pathways.

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, 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 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 or artwork, or simply relax in a serene setting, just one mile from quaint downtown Prescott, Arizona's "Christmas City".

Fall is delightful in northern Arizona (average high is 80 & average low is 50). Prescott is only 1-1/2 hour from Phoenix, about an hour from fabulous Sedona, and approximately two hours from the awe-inspiring Grand Canyon. This is the perfect chance to see some of the most beautiful places in Arizona (and the USA) prior to or after the retreat.

Register now to reserve your space!

The Retreat begins on Thursday with check-in starting at 3:00 p.m., and TCC practice at 5:00 p.m., and ends at Noon on Sunday. Pricing includes 3 nights lodging (single or double occupancy Thursday thru Saturday nights) and 8 meals (Thursday dinner thru Sunday breakfast).

Transportation to Prescott is economically and conveniently available from Sky Harbor Airport through Prescott Transit Authority (800) 445-7978 or www.prescotttransit.com. For a ride to Chapel Rock from the PTA stop, inform your driver when you board the shuttle and a cab will be waiting for the short drive to Chapel Rock. For those driving, directions will be sent later. Other shuttle service is also available through Shuttle U at (800) 304-6114 or www.shuttleu.com

REGISTRATION FORM

T'ai Chi Chih[®] Retreat

October 4 - 7, 2012

Chapel Rock

Prescott, Arizona

NAME(s) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (please print very clearly) _____

\$150 per person deposit is required to hold your reservation (\$50 non-refundable). Payment in full is due by September 1, 2012. No refunds after September 1, 2012.

Cost is per person and includes 3 nights lodging and 8 meals (Thursday dinner thru Sunday breakfast).

Please circle room preference:

Double \$360
Single \$420 (6 rooms available)

Amount Submitted: _____

Circle One: Teacher Student Guest: (\$260 double or \$320 single)

Circle one: I will be.... Driving Flying

Choice of roommate: (Double rooms only) _____

Special needs: (room on ground level if absolutely necessary, vegetarian meals, etc.)

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

Hope Spangler

6688 E. Brombil St.

Prescott Valley, AZ 86314

Other questions? Call Hope at: (928) 775-2010 or email: tcc4hope@Q.com