

SPECIAL T'AI CHI CHIH® WEEK-END WORKSHOP

EXPLORE THE ESSENCE OF T'AI CHI CHIH



**EARLY BIRD
SPECIAL \$150**

Only through August 15, 2019

Regular Fee: \$165

Must pre-register & pay by
Friday, September 6, 2019

Come **Explore the Essence of T'ai Chi Chih** with an exceptional teacher, Caroline Guilott. Caroline has been an accredited T'ai Chi Chih teacher since 1999. Residing in Lake Charles, Louisiana, she offers classes throughout southwest Louisiana in English, and in her native French language. Caroline frequently studied with TTC originator, Justin Stone, through the latter part of his life. In her teaching she derives joy in seeing her students achieve breakthroughs and grow their inner sensibilities. To Caroline, T'ai Chi Chih is simply a way of life.

*You must know the 19 moves and one pose to participate in this very special workshop.
Registration is limited so reserve your spot early.
The registration fee includes the workshop plus lunch on Saturday.*

LOCATION: Holy Cross Energy, 3799 Highway 82, Glenwood Springs, CO 81601

TIME:

Friday, September 13th	6:00 PM to 8:00 PM (welcome practice in the park)
Saturday, September 14th	9:00 AM to 5:00 PM
Sunday, September 15th	9:00 AM to 1:00 PM

**Pay by Check or Credit Card to:
Insurance & Wellness in the Rockies Inc.**

Mail Checks to:

PO Box 1047, Glenwood Springs, Colorado, 81602

Phone: 970-945-8586 (for Credit Card payments)

Email: Eliza.fulton@ins-well.com

