



# T'ai Chi Chih® Retreat

University of the Incarnate Word  
San Antonio, TX

November 2 - 5, 2017

## JOY thru MOVEMENT with the Moving Meditation of T'ai Chi Chih

Led by **Pam Towne** - TCC Teacher Trainer  
Hosted by **Alice M. Holden** CCVI - TCC Certified Instructor



*RELAX and retreat from everyday activities.*

*REALIZE a new way to meditate.*

*REFINE or LEARN the gentle movements of T'ai Chi Chih.*

*RENEW your body, mind and spirit.*



This retreat is an opportunity for beginners to learn TCC,  
and for students and teachers to deepen their understanding and experience of TCC.

**Space is limited. Register now to reserve yours.**

**\$280.-**

The Retreat begins on Thursday afternoon with check-in at the **The International Center** starting at 3:00;  
TCC Intro & Practice at 5:00; light dinner at 6:00. It concludes on Sunday after lunch.

Fee includes 8 meals from dinner Thursday through lunch Sunday,  
excluding Saturday's dinner on the famous San Antonio Riverwalk (separate checks).



**Overnight accommodations are available at UIW for \$25/night.**



# Registration Form

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Date _____	Amount \$ _____
Name _____	
Address _____	
City / State / Zip _____	
Cell _____	
Email _____	

**Register now to reserve your space which is limited.**

Please fill out this Registration Form and send it with your check made payable to:

Alice Holden CCVI  
4707 Broadway  
San Antonio TX 78209

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For more information contact Alice by phone: (210) 787-8476 or by e-mail: [alicemholden@gmail.com](mailto:alicemholden@gmail.com)