

Tai Chi Fundamentals® (TCF) Certified Instructors Retreat 2012

SCHEDULE OUTLINES & FEES

RETREAT OPTION ONE

TCF Certified Instructors Intensive Fri. 5pm March 30–Sun. 4pm April 1

Prerequisite: Certification in TCF

12 contact hours (select from 15 hours offered)

Price Includes two nights lodging & six meals.

\$650 double room rate

\$695 single room rate

Includes:

- Formal instruction with Pat and Tricia: TCF Movement Patterns (MP), Form review, qigong
- Feedback/discussion groups: concurrent sessions with Tricia or Pat. Demonstrate teaching/corrections, receive instructor and group feedback, discuss teaching methods
- Partner Training with Pat and Tricia: mind body skills training basics. Beginning sensing hands practice (tui shou/push hands)
- Share Fair: special room dedicated to posters, handouts, materials and information sharing throughout weekend
- Early bird silent practice
- Informal networking at meals and breaks

RETREAT OPTION TWO

Option One (see above) plus TCF Advanced Certification and Yang Style Short Form Intensive Sun. 4pm April 1 – Mon. 1pm April 2

Prerequisite: approval from Pat and Tricia

6 additional hours for total of 18 Contact Hours

Price includes three nights lodging and nine meals.

\$825 double room rate

\$895 single room rate

Includes:

- TCF Certified Instructors Weekend (see Option One above)
- TCF Certification Testing Reviewer coaching
- Yang Style Short Form Cheng Man Ch'ing lineage form review
- TCF Professional Seminar Instructor coaching
- Early bird silent practice
- Optional 1.5 hour additional coaching with Tricia or Pat following Monday lunch

REGISTRATION

Name _____

Email _____

Address _____

City _____

State _____ zip _____

Phone _____

Option One with double room \$650 _____

Option One with single room \$695 _____

Option Two with double room \$825 _____

Option Two with single room \$895 _____

***** Late Charge of \$50 on registrations received after March 1st, 2012**

*****No Refunds after March 1st, 2012**

Register by Check

Fill out registration and mail to:

Patricia Culotti, Enhancing Balance

W249 S6680 Center Drive,

Waukesha, WI 53189

262-662-1060 pat@enhancingbalance.com

Register by Credit Card

Call: 575-776-3470

Tai Chi Health tyu@taichihealth.com

Complete Schedule on page 2

Tai Chi Fundamentals® (TCF) Certified Instructors Retreat 2012

COMPLETE SCHEDULE

RETREAT OPTION ONE

TCF Certified Instructors Intensive Fri. 5pm March 30–Sun. 4pm April 1

FRIDAY

3:00-5:00pm Registration
Set Up Poster Session/Handouts in permanent display for weekend
5:30pm Dinner
7:00-8:30pm Introductions, orientation, Moment Patterns (MP), Form and qigong energy cultivation exercises

SATURDAY

7:00-7:45am Early bird practice: TCF MP & Form, Yang Style Short Form
8:00am Breakfast
9:00-10:45am Formal Instruction: MP and Form Sections 1-2
11am-noon Feedback/discussion groups MP and Form Sections 1-2
12: 30pm Lunch
1:00-1:45 Posters/Handout presenters available for discussion in poster room
2:00-3:45 Formal Instruction: MP and Form Sections 2-3
4:00-5:00pm Feedback/discussion groups MP and Form Sections 2-3
5: 30pm Dinner
7:00-8:30pm Partner Training: Mind/body skills, sensing hands (tui shou/push hands)
8:30-9:00pm TCF overview 2011.

SUNDAY

7:00-7:45am Early bird practice: TCF MP & Form, Yang Style Short Form
8:00am Breakfast
9:00am-10:45am Formal Instruction: MP and Form Sections 3
11am-noon Feedback/discussion groups MP and Form Sections 3
12:30pm Lunch
2:00-3:30pm Formal Instruction: MP & Form review ç mind/body skills and qigong
3:30-4:00 pm wrap up, feedback, evals.
4:00pm Adjourn
12 Contact Hours complete

COMPLETE SCHEDULE

RETREAT OPTION TWO CONTINUES

Option One plus TCF Advanced Certification and Yang Style Short Form Intensive Sun. 4pm April 1 – Mon. 1pm April 2

SUNDAY

5:30pm Dinner
6:30-8:00pm Certification Testing Reviewer coaching
8:15-9:00pm Yang Style Short form review

MONDAY

7:00-7:45am Required early bird silent practice: Yang Style Short Form
8:00am Breakfast
9:00-10:30am Professional Seminar Instructor coaching
10:45-11:45am Yang Style Short form review
11:45 - 12:15am Wrap Up, Evaluations
12:15pm Adjourn
18 Contact Hours complete (Including 12 from Option One)
12:30pm Lunch
1:30-3:00 Optional Additional Training: Yang Style Short Form review, Certification Testing Reviewer or Professional Seminar Instructor coaching with Pat or Tricia

RETREAT LOCATION

The DeKoven Center
600 21st Street
Racine, WI 53403
262-633-6401
<http://www.dekovencenter.org/>