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Fall T'ai Chi Chih Retreat

with Carmen Brocklehurst

August 17th - 20th, 2017

As we practice T'ai Chi Chih, we may become aware of feeling more grateful. Justin Stone said "Gratitude is a way to a happy life." Spend a few fall days practicing T'ai Chi Chih and uncover the joy and gratitude. The Fall T'ai Chi Chih Retreat is an excellent opportunity to go deeper in your practice and to connect with the T'ai Chi Chih community. Carmen Brocklehurst, a T'ai Chi Chih teacher for over 30 years will lead this retreat. This retreat is for those who have already learned the T'ai Chi Chih movements.

The retreat will begin Thursday evening at 5:00 pm and will conclude on Sunday after lunch. The retreat will take place at the Canossian Spirituality Center in Albuquerque, NM located at 5625 Isleta Blvd. SW. If you need additional information, feel free to contact Judy Hendricks, 505-573-0820, e-mail is judyhendricks@me.com. The cost of the retreat ranges from \$345 (single w/ private bath) \$320 (single w/ communal bath), \$300 (double w/ private bath), \$280 (double with a communal bath) which includes lodging, all meals and snacks.

Arrive Thursday August 17th at 5 pm (Dinner is at 6 pm). Depart Sunday, August 20th, after lunch. For transportation from the airport, please call Sunport shuttle at 505-883-4966, price ranges from \$40 to \$20, reserve the shuttle 48 hour in advance or use a taxi. Rides to the airport on Sunday will be provided.

Cut off and return. Registrations will be on a first come/first serve basis. Space is limited. You MUST register 30 days prior for this facility.

Full payment must be sent by July 15th, 2017

Name: _____

Address _____

City _____ State _____ Zip code _____

Phone H: _____ W: _____ Cell _____

E-mail _____ Meal Preference: Vegetarian Regular

Please send to: Judy Hendricks, 10328 Rio Los Pinos Dr. NW, Albuquerque, NM 87114.

T'ai Chi Chih is a federally registered trademark. Make check payable to: Judy Hendricks

