



Learn Seijaku Retreat

with Carmen Brocklehurst

April 26 - 29, 2018

Seijaku – serenity in the midst of activity. Justin Stone wrote “When we are still, we hear the worlds turning deep inside, vibrating in soundless sound”[from Abandon Hope]. This Seijaku retreat is a wonderful way to learn Seijaku and to deepen your T'ai Chi Chih practice. And we will also be doing Fast Track, which Justin Stone taught in conjunction with Seijaku. All participants must be regularly practicing T'ai Chi Chih in order to participate in the Learn Seijaku Retreat. This retreat is for those who have already learned the T'ai Chi Chih movements. Carmen Brocklehurst, a T'ai Chi Chih teacher for over 30 years, was featured on the T'ai Chi Chih TV series on PBS, will lead this retreat.

The retreat will begin Thursday evening at 6:00 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 April 26th at 5 pm (Dinner is at 6 pm). Depart Sunday, April 29th, 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 March 25th, 2018

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

