



Tai Chi Chih® Retreat

University of the Incarnate Word - InterfaithINC
Serenity Center at the Denman Estate
San Antonio, TX

November 2 - 5, 2017

AFFIRM • LOVE • RECONCILE

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



AFFIRM *what is* - Allow yourself to be immersed in CHI.
LOVE *no matter what* - Empower yourself to love what is and what can be.
RECONCILE *all differences* - Engage in rebuilding your world with CHI.



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

Space is limited to 12 participants! • Register now to reserve yours!

\$205.-

The Retreat begins on Thursday afternoon with check-in at the **Serenity Center** starting at 3:00; TCC practice at 4:30; light dinner at 5:30. It concludes at noon on Sunday. Fee includes all meals from dinner Thursday through lunch Sunday, except Saturday's dinner on the Riverwalk.

For out-of-town participants we recommend staying at:

Courtyard San Antonio Medical Center • 8585 Marriott Drive San Antonio Texas 78229 • (210) 614-7100

November is the perfect month to visit the Alamo City; with temperatures not exceeding 79F. The adjacent **Denman Estate Park** is a great place to do TCC, read, do photography or artwork, simply relax in a serene setting by the Korean Pavilion or walk the Moon Labyrinth.

Sunday at 2:00PM we have planned an optional bus tour of Downtown San Antonio, which includes: the Alamo, the San Fernando Cathedral, Mission Conception, the Central Library etc. **Price: \$25**



For more information check our website: <http://www.interfaithinc.com/t-ai-chi-chih.html>

Or contact Alice by phone: (210) 525-1232 or by e-mail: alicemholden@gmail.com



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