

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



LIFE IN TRANSITION: Taking care in times of change Cultivating focus and awareness with Tai Chi and Qigong A T'ai Chi & Qigong Retreat Weekend

Five Oaks Centre, Paris, Ontario

August 19-21, 2016

Arrival: 7:00pm on Friday

Departure: 4:00pm on Sunday

Cost: \$250.00 each, shared room

Deposit: \$100.00 before July 1

\$300.00 for single occupancy

Balance: Due August 9

A \$10 surcharge will be added for special diets- see registration form.

After August 9: No bookings can be accepted and deposits are non-refundable.

With the stress and strains of modern life, keeping one's self healthy and stable requires personal effort and the wisdom to tap into the community of Tai Chi players.

Tai Chi and Qigong are significant practices for self-care with their physical and meditative elements. Tai Chi can be "meditation in movement"; Qigong requires one to focus on the breath, taking practice deeper into mindfulness.

With the closure of this facility in November, this will be our last retreat at Five Oaks. We will honour our time at Five Oaks in fellowship with each other, in the practices of T'ai Chi and Qigong, by walking the labyrinth, and spending time in our personal spiritual spaces. Weather permitting, we'll have an evening by the outdoor fire. There will be a daily program and breaks to explore the beautiful grounds. Participants are not required to attend all the activities if more individual time is required.

BRING: Your own snacks (no nuts please) and refreshments for Saturday night, rainwear, bathing suit, flashlight, T'ai Chi sword (we can supply a few). Towels & bedding will be supplied.

MEALS: Breakfast on Saturday through lunch on Sunday are included.

Coffee, tea, juice, fruit & cookies are also included and available at all times.

LOCATION: Five Oaks is situated on 116 acres of Carolinian forest on the Grand River with trails, a pool, a labyrinth and a bookstore.



Travelling to Five Oaks:

Five Oaks is conveniently located 1.5 hours west of Toronto, 1 hour east of London and 30 minutes south of Kitchener.

Coming from the east or west, take Highway 403 to the Simcoe/Paris exit onto Hwy.24 (Rest Acres Road). Turn south (as if to Simcoe) and go to the first cross road (Bethel Road). Turn left (east) on Bethel Road and continue straight into the Five Oaks parking lot.

Five Oaks Centre 519-442-3212 www.fiveoaks.on.ca
1 Bethel Rd, RR3 Paris ON N3L 3E3

**Visit our website at: www.phoenixtaichi.ca
or call: 519-439-8875**