

T'ai Chi Chih® Retreat

The Village at Incarnate Word
San Antonio, TX

November 2 - 5, 2017

JOY thru MOVEMENT

with the Moving Meditation
of T'ai Chi Chih

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



RELAX and retreat from everyday activities.

REALIZE a new way to meditate.

REFINE or LEARN the gentle movements of T'ai Chi Chih.

RENEW your body, mind and spirit.



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

Space is limited. Register now to reserve yours.

\$100.-

The Retreat begins on Thursday afternoon with check-in at the **The Garden Room (ANGELIQUE)**
starting at 3:00 – *see reverse side for map*;

TCC Intro & Practice at 5:00; light dinner at 6:00. It concludes on Sunday after lunch.

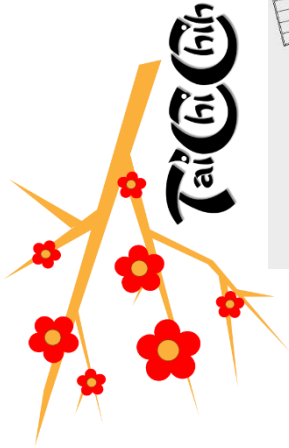
Fee includes all instructions and handouts.

Meals, by order, in advance. Saturday's dinner at the famous San Antonio Riverwalk (separate checks).



Overnight accommodations are available at UIW for \$25/night.

For more information & registration, contact Alice by October 30, 2017
phone: (210) 787-8476 or by e-mail: alicemholden@gmail.com • www.InterfaithINC.com

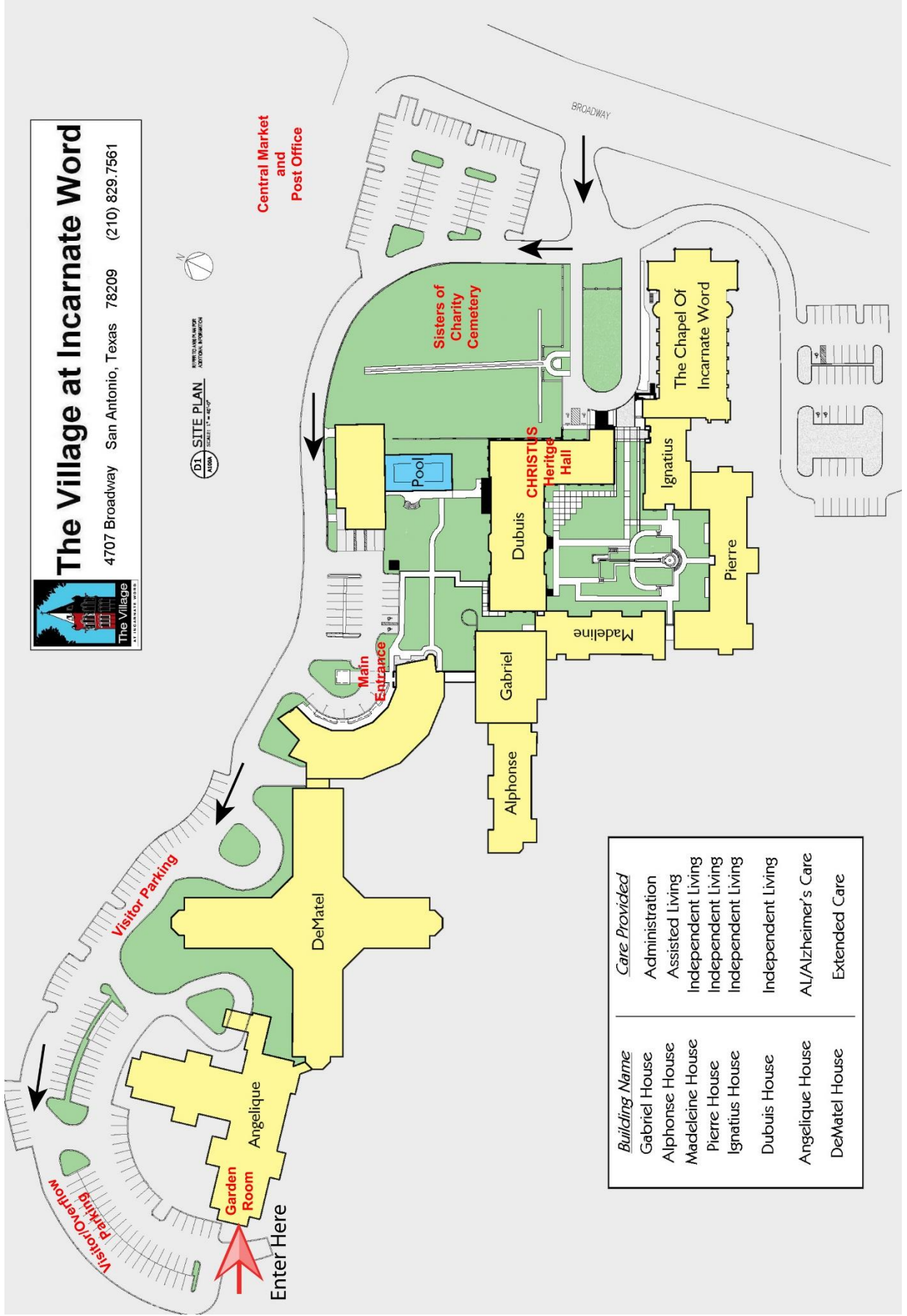


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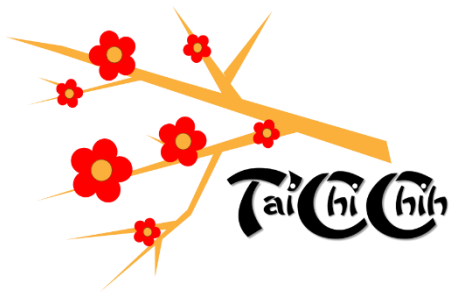


The Village at Incarnate Word

4707 Broadway San Antonio, Texas 78209 (210) 829.7561



<i>Building Name</i>	<i>Care Provided</i>
Gabriel House	Administration
Alphonse House	Assisted Living
Madeleine House	Independent Living
Pierre House	Independent Living
Ignatius House	Independent Living
Dubuis House	Independent Living
Angelique House	AL/Alzheimer's Care
DeMatel House	Extended Care



Registration Form

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November 2 - 5, 2017

Date _____	Amount \$ _____
Name _____	
Address _____	
City / State / Zip _____	
Cell _____	
Email _____	

Register now to reserve your space, which is limited.

Please fill out this Registration Form and send it with your check made payable to:

Alice Holden CCVI
4707 Broadway #160
San Antonio TX 78209