

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



RETURN TO CENTRE:

**Celebrating the sacred
and the everyday in our lives**

A T'ai Chi & Qigong Retreat

Five Oaks Centre, Paris, Ontario

August 19-20, 2017

Arrival: 3:00pm on Saturday

Departure: 3:00pm on Sunday

Cost: \$130.00 each, shared room

Deposit: \$100.00 to register

\$165.00 for single occupancy

Balance: Due August 9

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

We return to Five Oaks for a shorter retreat, to enjoy the land and the water, to mark our connection to a special place in our experience in nature and community.

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: Dinner 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**