

PHOENIX T'AI CHI CENTRE

519-659-4372

www.phoenixtaichi.ca

Is pleased to present:



T'AI CHI CHUAN: Grounding and Movement Awareness, Positioning, Intent and Integration A T'ai Chi & Qigong Retreat Weekend

Five Oaks Centre, Paris, Ontario

August 24-26, 2018

Arrival: 7:00pm on Friday

Departure: 3:00pm on Sunday

Cost: \$275.00 each, shared room

Deposit: \$100.00 before July 4

\$350.00 for single occupancy

Balance: Due August 14

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

After August 14: No new bookings are accepted and deposits are non-refundable.

We will explore the importance of being grounded in your practice of T'ai Chi. This will inform your movement from one posture into another, increasing awareness of how one's body influences and changes the moves as practice continues.

We will investigate the concept of "intent" in positions, and further our understanding of "integrating" or "embodying" the postures.

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 by 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 preferred.

BRING: Your own snacks (no nuts please) and refreshments for Saturday night, rainwear, 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 labyrinth and a bookstore. (The pool will not be available.)



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: 519-659-4372**