



2016 Cheng Man-Ch'ing (CMC) Yang Style Short Form Retreat

Instructors: Pat Culotti and Tricia Yu

CMC Retreat: Thurs–Fri, April 14–15

Extended Retreat: Thurs–Sat, April 14–16

Join us for a relaxing retreat at the Dekoven Center to jumpstart or refine your CMC form. Pat and Tricia will alternate teaching the following concurrent classes.

Choose One:

- **Learn CMC Form:** You have training in Tai Chi Fundamentals and want to learn the CMC form.
- **Review CMC Form:** You are an experienced CMC practitioner and want to review the entire form.

CMC Yang Style Short Form Retreat

THURSDAY

10:00am-noon Registration

12: 00pm Lunch

1:30-3:30 Concurrent CMC Form classes

3:45-4:30 Demo/discussion on applications

5:30pm Dinner

7:00-8:30pm Concurrent CMC Form classes

8:30-9:30pm Push Hands/Sensing Hands

FRIDAY

7:00-7:45am Early bird CMC Form practice

8:00am Breakfast

9:00-10:45 Concurrent CMC Form classes

11:00-11:45 Lineage stories/pictures

12: 00pm Lunch

1:30-3:30 Concurrent CMC Form classes

4:00-5:00 Push Hands/Sensing Hands

CMC retreat adjourns

CMC Extended Retreat

Join with Tai Chi Fundamentals® (TCF) Certified Instructors Retreat for Friday evening and Saturday morning classes and push hands. Enjoy more time to unwind and relax at Dekoven. No additional instructor fees; food and lodging costs only.

FRIDAY continues

5: 30pm Dinner

7:00-8:30pm join TCF retreat attendees for

CMC Form & TCF Basic Moves and Form

8:30-9:30pm Push Hands/Sensing Hands

SATURDAY

7:00-7:45am Early bird CMC & TCF Form

8:00am Breakfast

Extended CMC retreat adjourns

Registration

Name _____

Email _____

Address _____

City _____

State ___ zip _____ Phone _____

I am registering for: Select One

CMC Retreat

CMC 1 night 4 meals double room \$290 _____

CMC 1 night 4 meals single room \$310 _____

Extended CMC Retreat

Additional charges for room and board only

No additional instructor fees

CMC Ext. 2 nights 6 meals double \$365 _____

CMC Ext. 2 nights 6 meals single \$415 _____

DEADLINE: March 15, 2016 late fee: \$50 _____

No Refunds after March 31, 2016

Register by Check:

Fill out registration and mail to:

Patricia Culotti, Enhancing Balance

W249 S6680 Center Dr.

Waukesha, WI 53189

pat@enhancingbalance.com

By Credit Card: Call Pat 262-271-1061

Retreat Location

The DeKoven Center

600 21st Street Racine, WI 53403

262-633-6401

<http://www.dekovencenter.org/>

Pat, Master Lo, Lenzie and Tricia at Ben Lo Camp
Dekoven Center 2013

