



## 2018 Cheng Man-Ch'ing (CMC) Yang Style Short Form Retreat

Instructors: Pat Culotti, Russ Mason  
and Tricia Yu

**CMC Retreat: Thurs–Fri, May 3–4**  
**Extended Retreat: Thurs–Sat, May 3-5**

Join us for a relaxing retreat at the Dekoven Center to jumpstart or refine your CMC form. Pat, Russ 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 May 3-4, 2018

CMC 1 night 4 meals single room \$310 \_\_\_\_\_

#### Extended CMC Retreat May 3-5, 2018

*Additional charges for room and board only  
No additional instructor fees*

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

**DEADLINE: March 31, 2018 late fee: \$50 \_\_\_\_\_**

*No Refunds after April 15, 2018*

#### Register by Check:

*Fill out registration and mail to:*  
 Patricia Culotti, Enhancing Balance  
 W249 S6680 Center Dr.  
 Waukesha, WI 53189  
[pat@enhancingbalance.com](mailto: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/>

Tricia Yu, Russ Mason and Patricia Culotti  
 At 2014 International Tai Chi Symposium

