

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

Instructors: Patricia Culotti and Russ Mason  
Tricia Yu will participate and teach

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

### Choose One:

- Learn CMC Form: You have training in TCF and want to learn the CMC form as well.
- Review CMC Form: You are an experienced CMC practitioner and want to review the form.

### CMC Yang Style Short Form Retreat Thurs–Fri, May 3-4, 2018

#### 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

#### FRIDAY

7:00-7:45am Early bird CMC form, push hands, sword 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  
CMC retreat adjourns

### CMC Extended Retreat Thurs–Sat, May 3-5, 2018

Join TCF Certified Instructor Retreat for Friday evening and Saturday morning classes and push hands. No additional instructor fees; food/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



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

## Registration

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_ zip \_\_\_\_\_ Phone \_\_\_\_\_

### I am registering for: Select One

#### CMC Retreat

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

#### Extended CMC Retreat

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

*Additional charges for room & board only.  
No additional instructor fees*

**Late fee after March 30, 2018** \$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)

**Register by Credit Card:** Call Pat 262-271-1061

#### Retreat Location

Dekoven Center, 600 21st St., Racine, WI 53403  
262-633-6401 <http://www.dekovencenter.org/>