



2020 Cheng Man-Ch'ing (CMC) Yang Style Short Form Retreat

Instructors: Pat Culotti, Russ Mason
Tricia Yu and special guests (TBA)

CMC Retreat: Thurs–Fri, April 16-17

Extended Retreat : Thurs–Sat, April 16-18

Join us for a relaxing retreat at the DeKoven Center to jumpstart or refine your CMC form. Pat, Russ, Tricia and special guests 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 Tai Chi Fundamentals® Certified Instructors for Friday PM and Saturday AM classes and push hands. Enjoy more time to relax at DeKoven. No additional instructor fees; food and lodging costs only.

FRIDAY continues

5: 30pm Dinner

6:30-8:00pm join TCF retreat attendees for

CMC Form & TCF Basic Moves and Form

8:00-9:00pm Push Hands/Sensing Hands

SATURDAY

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

8:00am Breakfast

Extended CMC retreat adjourns

Online Registration

<https://taichihealth.com/events/category/tcf-instructor-retreat/> go to taichihealth Training drop down menu. Select one of the following options:

Registration Options

Retreat	Lodging	Meals	Cost
CMC	1 night single rm	4	\$390
CMC Extended	2 nights single rm	6	\$480
CMC Commuter	none	4	\$290

PAY CASH ONSITE

CMC Thur pm only none none \$40

DEADLINE: March 20, 2020 late fee: \$50

No Refunds after April 1, 2020

Questions?

For online registration contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.workshops@gmail.com

For Course location and preparation contact:

Pat Culotti: 262-271-1061

Email: Pat@EnhancingBalance.com

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

Provided by

