

Tai Chi Fundamentals® Certified Instructor Retreat
June 13-15, 2024 New Location! Holy Wisdom Monastery in Madison, WI

General Overview

TCF CERTIFIED INSTRUCTORS RETREAT
June 13 – 15, 2024 Thursday - Saturday

ADVANCED CERTIFICATION RETREAT
June 13-15 Thu. morning – Sat. evening
Training continues through the main event.

Prerequisite: approval from Rachel or Pat.
Become a TCF Certification Reviewer or Course Instructor. This is the most cost-effective way to begin the process.

Includes:

- *Movement Testing:* Observe or conduct
- *Certification Reviewer:* coaching
- *Course Instructor:* coaching
- *Form Review:* CMC, TCF, TCFA as needed

MAIN EVENT:

TCF CERTIFIED INSTRUCTORS RETREAT
June 13-15 Thu. afternoon – Sat. evening
APTA WI-approved for 12 contact hours.

Prerequisite (at least one of the following):

- Certification in the Original Tai Chi Fundamentals® (TCF) Program
- OR Certification in the TCF Adapted Program
- OR be approved to test for certification and have permission from Pat or Rachel

Includes:

- *Formal instruction:* TCF and TCFA programs
- *Feedback/discussion groups:* Demonstrate teaching/corrections for TCF Original and Adapted programs and get group feedback
- *Early Bird Silent Practice*
- *Tricia Yu Memorial and sharing time*
- *Optional Push Hands and Sword practice*
- *Party and talent show!*

Instructors: Patricia Culotti, Rachel Sandretto, Lori Enloe, Kristi Hallisy, Kelly Rehder, and other Advanced Certified Instructors

Online Registration (Opens Jan. 15)

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

REGISTRATION OPTIONS

Certified Instructor Retreat:
2 nights, 6 meals, 12 contact hours

- Single room: \$860
- Double room: \$800
- Commuter: \$710

Advanced & Certified Instructor Retreats:
2 nights, 7 meals, 18 contact hours

- Single room: \$1,120
- Double room: \$1,060
- Commuter: \$970

Prefer to travel home on Sunday? Add Saturday night to your registration for \$90 to enjoy the Monastery an extra evening.

REGISTRATION DEADLINE: May 20, 2024
Late fee: \$50. No refunds after May 31.

Retreat Location

Holy Wisdom Monastery: 608-836-1631, x100
4200 County Road M, Middleton, WI 53562
website: <https://holywisdommonastery.org/>

Questions?

For event location and preparation, contact:
Pat Culotti: 262-271-1061

Email: Pat@EnhancingBalance.com

For online registration questions, contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.workshops@gmail.com

Provided by



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June 13-15, 2024 New Location! Holy Wisdom Monastery in Madison, WI

TCF ADVANCED CERTIFICATION RETREAT (AIR)

June 13-15 Thu. morning – Sat. evening
 AIR training continues throughout the main Retreat

THURSDAY

9:30-10:00 am Registration and orientation
 10:00-Noon Advanced instructor training
Noon-1:00 Lunch

TCF CERTIFIED INSTRUCTOR RETREAT (CIR)

June 13-15 Thu. afternoon – Sat. evening
 Attendance optional for events in italics
 Discontinuous times represent short breaks
 Schedule details are subject to change

THURSDAY

1:00-3:00 Registration
 3:00-3:30 Personal time
 3:30-4:00 Welcome and orientation
 4:10-5:10 Instruction/Form Correction:
 TCF Basic Moves
5:15-6:15 Dinner
 6:30-7:30 Instruction/Form Correction:
 TCF/A Form Part One
 7:30-8:30 *Tricia Yu Memorial*

FRIDAY

7:00-7:45am *Early bird practice: TCF
 Original and Adapted Programs,
 CMC Form*

8:00-9:00 Breakfast
 9:15-10:30 Instruction/Form Correction:
 Repulse Monkey, Cloud Hands
 10:45-Noon Feedback/discussion groups &
 Instruction/Form Correction:
 Single Whip

Noon-1:00 Lunch
 1:00-3:00 Personal time
 3:00-4:00 Instruction/Form Correction:
 Snake Slides Down, Golden
 Pheasant, Separate Arms & Kick
 4:10-5:10 Program Updates &
 Instruction/Form Correction:
 Seated Practice Review

5:15-6:15 Dinner
 6:30-7:30 Sensing Qi &
 Instruction/Form Correction:
 TCFA Form Choreography
 8:00-9:30 *Party!*

SATURDAY

7:00-7:45am *Early bird practice: TCF
 Original and Adapted Program,
 CMC Form*

8:00-9:00 Breakfast
 9:00-9:30 Personal time
 9:30-10:45 Instruction/Form Correction:
 Brush Knee and Punch
 11:00-Noon Feedback/discussion groups &
 Instruction/Form Correction:
 TCF with Walker & Side Support

Noon-1:00 Lunch
 1:00-3:00 Personal time
 3:00-4:00 Instruction/Form Correction:
 Withdraw, Push, Cross Hands, &
 TCF Original Form Choreography
 4:10-5:00 Movement Flow & Closing

❖❖❖ Certified Instructor Retreat Formally Ends ❖❖❖

5:15-6:15 Dinner
 6:30-7:30 *Tricia Yu Memorial Class*
 (open to the public)
 7:30-8:30 *Repeat of Tricia Yu Memorial*
 (open to the public)

Looking forward to seeing you!!

