

# 2026 Tai Chi Fundamentals® Certified Instructor Retreat & CMC Yang Style Retreat

Provided by:



## General Overview

### 1. ADVANCED CERTIFICATION RETREAT

Online and June 3, Wed. afternoon

*Prerequisite: approval from Pat or Rachel*

*WPTA-approved for 6 additional contact hours*  
Become an Advanced Certified 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

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### 2. TCF CERTIFIED INSTRUCTORS RETREAT

June 3-6 Wed. eve. – Sat. noon

*Prerequisite: Certification in TCF/A or testing for certification at the Retreat.*

*WPTA-approved for 12 contact hours*

**Includes:**

- Formal Instruction: TCF and TCFA programs
- Corrections: Training in giving adjustments for TCF and TCFA programs
- Share Fair: Bring your posters & handouts
- Incorporating mindfulness in TCF/A classes
- Early bird silent practice
- Push Hands practice
- Party and talent show!

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### 3. CMC YANG SHORT FORM RETREAT

June 6-8, Sat. afternoon – Mon. morning

*Prerequisite: None. All are welcome!*

**Includes:**

- Form:
  - Review the entire form or
  - Learn the first third of the form
- Early Bird Silent Practice
- Push Hands practice

## Online Registration

<https://taichihealth.com/events/category/tcf-instructor-retreat/> or [taichihealth.com](http://taichihealth.com)>Training menu. Select one of the following options:

## RESIDENTIAL OPTIONS

*All rates listed are for singles. For doubles, subtract \$25 per night if a roommate is available.*

### Retreat - Lodging - Meals - Cost

1. Certified Instructor: 3 nights, 9 meals, \$975
2. CMC: 2 nights, 5 meals, \$620
3. Cert Instr & CMC: 5 nights, 14 meals, \$1,535
4. Advanced Cert & Cert Instructor: 3 nights, 9 meals, \$1,195
5. Entire event (Advanced Cert, Cert Instructor, & CMC): 5 nights, 14 meals, \$1,755

## COMMUTER OPTIONS

For commuter prices, check our online registration form.

### REGISTRATION DEADLINE: May 15, 2026

*Late fee: \$50. No refunds after May 31, 2026*

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## Retreat Location

The DeKoven Center: 262-633-6401

600 21st Street Racine, WI 53403

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

## Questions? Contact:

Rachel Sandretto: 608-630-4066

Email: [taichihealth.workshops@gmail.com](mailto:taichihealth.workshops@gmail.com)

*We're looking forward  
to seeing you!!*



## 2026 TCF & CMC Retreat Schedule (Details are subject to change)

### TCF ADVANCED CERTIFICATION RETREAT Online and June 3, Wed. afternoon

#### Wednesday

1:00-2:00 Registration  
2:00-3:00 Advanced Retreat orientation

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### TCF CERTIFIED INSTRUCTOR RETREAT (CIR)

#### June 3-6 Wed. eve. – Sat. noon

*Attendance optional for events in italics*  
*Discontinuous times represent short breaks*

#### Wednesday

3:00-5:00 Registration  
**5:30-6:30 Dinner**  
7:00-8:00 Introductions & movement flow  
8:00-8:30 *Introduction to Push Hands*

#### Thursday

7:30-8:00 *Early bird practice*  
**8:00-9:00 Breakfast**  
9:30-10:30 TCFA Form review with optional side support  
10:45-11:45 TCFA review with walker support  
**12:00-1:00 Lunch**  
1:00-2:00 Personal time  
2:00-3:00 *TCF clinical applications for group therapy*  
3:00-4:00 TCFA Seated program review  
4:15-5:15 Seated program discussion & Tai Chi Health updates  
**5:30-6:30 Dinner**  
7:00-8:00 Incorporating mindfulness and qigong in TCF/A classes  
8:00-8:30 *Push Hands*

#### Friday

7:30-8:00 *Early bird practice*  
**8:00-9:00 Breakfast**  
9:30-10:30 TCF Form Review: Preparation through Cloud Hands  
10:45-11:45 TCF Form Review: Single Whip through Separate Arms & Kick  
**12:00-1:00 Lunch**  
1:00-3:00 Personal time

### CERTIFIED INSTRUCTOR RETREAT, cont.

#### Friday, cont.

3:00-4:00 Giving TCF corrections, with small group practicums  
4:15-5:15 TCF Form Review: Brush Knee through Closing, with 5 Principles  
**5:30-6:30 Dinner**  
7:00-9:00 *Party!*

#### SATURDAY

7:30-8:00 *Early bird practice*  
**8:00-9:00 Breakfast**  
9:30-10:30 Additional corrections instruction with group practicums  
10:45-11:45 Flow, evals, and closing  
**12:00 Adjourn** 12 contact hours  
**12:00-1:00 Lunch**

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### CMC YANG STYLE SHORT FORM RETREAT

#### June 6-8 Sat. afternoon – Mon. morning

#### SATURDAY

1:00-3:00 Registration  
3:00-4:00 Orientation, Warmups, Form Flow  
4:15-5:15 Concurrent CMC Form classes  
**5:30-6:30 Dinner**  
7:00-8:00 Concurrent CMC Form classes  
8:00-8:30 *Push Hands*

#### SUNDAY

7:30-8:00 Early bird CMC Form practice  
**8:00-9:00 Breakfast**  
9:30-10:30 Concurrent CMC Form classes  
10:45-11:45 Concurrent CMC Form classes  
**12:00-1:00 Lunch**  
1:00-2:00 Personal time  
2:00-3:00 *Push Hands*  
3:00-4:00 Concurrent CMC Form classes  
4:15-5:15 Concurrent CMC Form classes  
**5:30-6:30 Dinner**  
7:00-8:00 Form Review or Push Hands

#### MONDAY

7:30-8:00 Early bird CMC Form practice  
**8:00-9:00 Breakfast**  
9:30-10:30 Concurrent CMC Form classes  
10:45-11:45 Review, Flow, and Closing  
**12:00-1:00 Lunch & Adjourn**