

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

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!

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>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

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

*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

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

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