

🌀 2026 CMC Yang Style Tai Chi Retreat 🌀

June 6 - 8 (Saturday afternoon – Monday morning)

Lead instructor: Patricia Corrigan Culotti

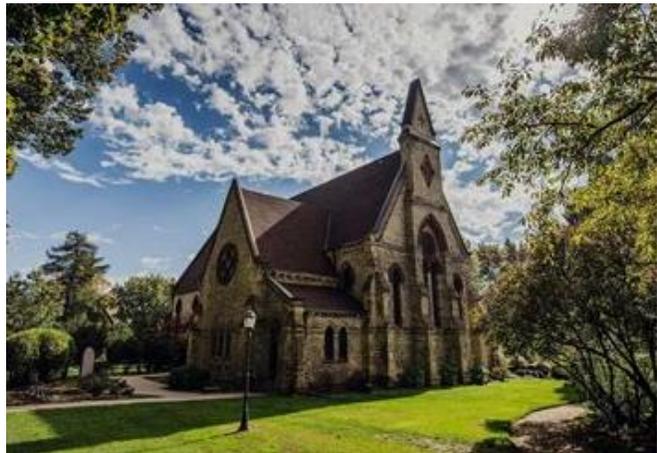
Assistant instructors: Anne Gricevich, Rachel Sandretto, and Jonathan Loesch

Join us at the beautiful DeKoven Center to study and practice Master Cheng Man-ch'ing's Yang Style Short Form. The retreat includes extensive form review and optional push hands practice.

This is a wonderful opportunity to review the entire CMC form. If

you're newer to the CMC form, or if you haven't tried CMC tai chi but have experience with Tai Chi Fundamentals, you can learn the first third of the CMC form at this retreat instead.

Registration options include the choice of a residential retreat (stay on site) or a commuter option (all meals included, stay off site overnight).



Scan for
registration

Location: The DeKoven Center in Racine, WI

Cost: \$620 (residential) or \$480 (commuter)

Deadline: Register by May 15th

See reverse side for full schedule details 🌀

We hope to see you there!

2026 CMC Yang Style Retreat

Provided by:



CMC YANG SHORT FORM RETREAT

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

Prerequisite: Prior experience with CMC tai chi or Tai Chi Fundamentals

Review the entire form or learn the first third of the form. Retreat includes early bird silent practice and optional push hands practice.

Lead Instructor: Patricia Corrigan Culotti
(entire form review)

Assistant Instructors: Anne Gricevich, Rachel Sandretto, Jonathan Loesch

Online Registration

<https://taichihealth.com/events/category/tcf-instructor-retreat/> or taichihealth.com>Training menu.

RESIDENTIAL OPTION

Lodging: 2 nights

Meals: 5 meals

Cost: \$620

The rate listed is for a single room. If you will be sharing with a roommate, the cost is \$570 per person. You can choose your own roommate or have us assign one for you if one is available.

COMMUTER OPTION

Join us for the full event and all meals. Stay off-site overnight. Includes 5 meals. Cost: \$480

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

2026 CMC Retreat Schedule June 6-8 Sat. afternoon – Mon. morning

SATURDAY, JUN 6

- 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, JUN 7

- 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, JUN 8

- 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**

REGISTRATION DEADLINE: May 15, 2026

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

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

