



2022 Cheng Man-Ch'ing (CMC) Yang Style Short Form Retreat

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

CMC Retreat: Sun–Monday, May 22-23, 2022

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

SUNDAY

11:00am-noon Registration
12: 00pm Lunch
 1:00-1:30 Orientation
 1:30-3:30 Concurrent CMC Form classes
 3:45-4:30 Demo/discussion on applications
5:30pm Dinner
 6:30-7:00 Personal time
 7:00-9:00 Concurrent CMC Form classes
 Followed by Push Hands/Sensing Hands

MONDAY

7:00-7:45 Early bird CMC Form practice
8:00am Breakfast
 9:00-10:45 Concurrent CMC Form classes
 11:00-11:45 Lineage stories/pictures
12: 00-1:00 Lunch
 1:30-2:30 Concurrent CMC Form classes
 2:30-3:00 Personal Time
 3:00-5:00 Concurrent CMC Form Classes
 followed by Push Hands/Sensing Hands
5:00 CMC retreat adjourns

Online Registration

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

Or go to taichihealth.com> Training drop down menu. Select one of the following options:

REGISTRATION OPTIONS

Retreat	Lodging	Meals	Cost
CMC	1 night single rm	4	\$390
CMC Commuter	none	4	\$295

PAY CASH ONSITE

CMC Sunday pm only none none \$50

DEADLINE: April 19, 2022 late fee: \$50

No Refunds after April 20, 2022

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

