

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Years of Tai Chi Study/Practice: \_\_\_\_\_

Teachers \_\_\_\_\_

Meals: \_\_\_ Regular \_\_\_ Vegetarian \_\_\_ Vegan

Other Dietary Restrictions: \_\_\_\_\_

### Please check one of the following:

- 0 \$1020.00 enclosed per participant single occupancy (payment in full).
- 0 \$500 deposit enclosed per participant.  
*Balance of fee due April 21, 2017.*  
*No refunds after April 21, 2017.*

*Please mail this form, with checks payable to:*

**Patricia Culotti**  
**Enhancing Balance**  
W249 S6680 Center Dr  
Waukesha WI 53189-9337

Scheduling Flights: **Please consider camp check-in and departure times before booking flights** (see schedule). Camp is a 50 min. drive from Milwaukee, MKE, airport. (3.5 hrs at end of camp is safer!). If you fly to Chicago, ORD, you'll need to rent a car (up to 90 min drive), or arrange other transport to and from Dekoven Center, Racine, WI. We will help with carpool from MKE if you contact us: [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com) or 262-271-1061

Map and transportation information (including airport shuttle info) will be sent to participants on receipt of Registration Form and initial payment.

**Enrollment is limited.**

**Early registration is recommended.**

**Please inquire if you wish to share a room.**

## Additional Workshops

Spring - Fall 2017

### Belgium Workshop

**April 14-18, 2017**

The Belgium workshop will include Tai Chi Form training with internal principals, standing meditation, and push-hands.  
<http://www.taichiberkeley.com/workshops/>.  
Contact Lenzie for more information:  
510-655-0218.

### Summer Camp

**June 11-16, 2017**

The Petaluma, CA Camp will include Tai Chi Form training with internal principles, standing meditation, and push-hands. For more information contact Lenzie at 510-655-0218

### Holland Workshop

**October 15-20, 2017**

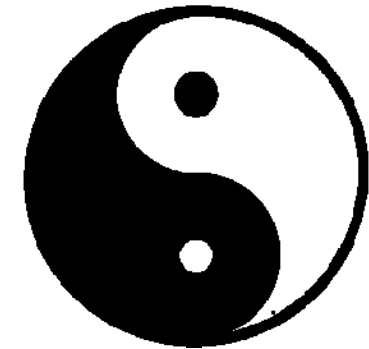
The Holland workshop will include Tai Chi Form training with internal principals, standing meditation, and push-hands. Contact Lenzie for more information: 510-655-0218.

*Additional workshops are likely to be announced later in the year. Please visit the Workshops page on the Tai Chi Berkeley web site for up-to-date information:*

<http://www.taichiberkeley.com>

**Participants should know the complete Professor Cheng Man-Ching Short Form for this camp**

## Tai Chi Chuan



## Tai Chi Berkeley

## The Third Tai Chi Chuan Midwest Camp

with

## Lenzie J. Williams

**May 25 – May 29, 2017**

**(Thursday- Monday)**

Dekoven Center

Racine, Wisconsin

<http://www.taichiberkeley.com>

Dear Tai Chi Practitioner,

Hello, and thanks for considering Tai Chi Camp 2017 at Dekoven Center, Racine, WI, on the shores of beautiful Lake Michigan.

**Lodging is in Single rooms** (if double rooms are desired please let us know who you wish to room with or we will assign).

Meals prepared by DC staff are fresh, delicious, & plentiful; please let us know if you prefer vegan or vegetarian meals, or have other dietary needs (see registration form).

**Registration and fees must be received by April 21, 2017.** If you're flying into the Milwaukee area, please check the flight-scheduling note on the registration form.

Lenzie Williams  
510-655-0218

<http://www.taichiberkeley.com>

or email questions: [Pat@EnhancingBalance.com](mailto:Pat@EnhancingBalance.com)

### **Schedule - May 25-29, 2017**

Thu	2 - 5 pm	Check In
	6 - 6:45	Dinner
	7:00 - 9:00	Form Corr. & Meditation
Fri-		
Sun	7 - 7:40 am	Form & Meditation
	8:15	Breakfast
	9:30 - 11:30	Warm up, Form Corr., & Meditation
	12 - 12:45 pm	Lunch
	1 - 3	Rest / Free Time
	3 - 4	Push Hands Training Exercises
	4 - 5	Free Push Hands
	5:30	Dinner
	7:00 - 9:00	Form Correction & Push Hands
Mon	7 - 7:30 am	Form & Meditation
	8:15	Breakfast
	8:45 - 9:30	Pack
	10:00-12:00	Form Corr., Meditation, Completion Talk
	12 - 12:45 pm	Lunch
	1:00	Departure

## Training Approach

**Form Posturing** cultivates basic internal strength and stamina. Significant emphasis is placed on:

- conscious details of postures, which affects alignment and balance;
- details of both postures and transitions that affect sinew development (flexibility and internal pliability);
- important ideas, concepts, and images that facilitate cultivation of Sung (relaxation) and awareness of the Tan Tien; and,
- increasing consciousness of the important relationship between external organization (alignment, foot and leg position, etc.) with internal organization (sinew quality, openness of the joints, quality of Sung, etc.), which produces a truly internal quality to the Tai Chi movements, as well as practical function.

**Form Flow** involves cultivating quality flowing movement from the awareness of tempo, evenness, conscious connection between postures, etc. This practice is essential to increased flow of Chi, and is most important to Chi refinement.

**Standing Meditation** is a very important tool for Tan Tien and Chi cultivation. A key link in cultivating whole-body awareness, this meditation is probably one of the most significant spiritual tools available in this system.

**Push Hands** practice will emphasize low and medium intensity training, which allows for the best opportunity for the most conscious and most organizationally correct yielding and pushing. There will be time available for free push hands, as well as separate classes for beginners.

I believe and hope that, with a sincere commitment to bring the most of ourselves to the training, and to attempt to operate at our highest level of integrity and compassion toward one another, we will allow ourselves the opportunity to have a deeply valuable and transformative Tai Chi weekend and life.

### *Five Principles*

*Relax (Sung)  
Separate Yin and Yang  
Turn the Waist  
Spine Straight  
Beautiful Ladies' Wrists*

## About Lenzie

*I've had the exceptional honor, gift, and good fortune to be a senior student of Mr. Ben Lo. I have tried to study and practice meticulously since I began attending Mr. Lo's classes in 1976. I've taught Tai Chi since 1979 in Berkeley, California; and have taught workshops nationally and internationally since 1990.*

*I've also had the great opportunity to compete in push-hands tournaments for a few years nationally and internationally. It's been incredible learning the multi-level lessons of success and winning; however, it's been equally valuable to learn the multi-level lessons of non-success and losing. That period has been invaluable to my understanding of the complexity of what push hands and its various approaches is about.*

*Tai Chi Chuan is a profound and amazing art. As practitioners, each of us has the opportunity to honor this gift by doing the best we can to cultivate our bodies, our emotions, our minds, and our spirits -- which allows us the potential to be influenced and moved by the spirit of the Tao. --LJW*