

太極拳

Midwest

T'ai Chi Ch'uan Camp 2023

Prof. Cheng Man-Ch'ing Yang Short Form

In Memory of

Benjamin Pang Jeng Lo

Classes lead by Tana Farnsworth, and Ben Lo Senior students. Guest instructors hope to include; Kwok Ming Hugh, Kim Kanzelberger, Tricia Yu, Pat Culotti and special guests (from Mr. Lo's senior students- List to be updated!)



May 25 - 29, 2023

At Dekoven Center Racine, WI

## T'ai Chi Ch'uan

T'ai Chi Ch'uan has existed since ancient times as a health exercise. It is a series of quiet, supple movements. The quiet to cultivate the spirit; the supple to cultivate the body. A gentle exercise performed in a calm and peaceful manner, it is suitable for young and old alike.

**This is the 10 year reunion of our last Midwest camp with Mr. Benjamin Lo. (2013)**

## Instructors/ Hosts

**Tana Farnsworth** began her studies of T'ai Chi Ch'uan in 1972 in San Francisco. In 1974 she became a student of Benjamin Lo, taking time off in 1982 to live, work, & study in Taiwan, & then continuing classes with Ben until 2018. Currently, she teaches in the Las Vegas area.

**Kwok Ming Hugh, (Peter)** was a student of Professor Cheng Man-Ch'ing in New York, 1968-75. In 1975 he moved to San Francisco to study with Ben Lo until 2018. He has been teaching since 1970.

**Kim Kanzelberger**, a student of Ben Lo, has been practicing T'ai Chi since 1975. Kim founded Center States Tai Chi Ch'uan in Kansas City in 1980. Currently, he teaches advanced classes in the Kansas City area and retreats in Arizona and Colorado.

**Tricia Yu** director (1974-2005) of Tai Chi Center in Madison, WI, one of the oldest and largest schools in the US. She founded: *Tai Chi Health*, has taught Tai chi since 1972, and is a pioneer in integrating tai chi into medical model. She organized the 1<sup>st</sup> Midwest Ben Lo Camp in 1980.

**Pat Corrigan Culotti**, a student of Ben Lo since 1980, practicing since 1977. Founder of Enhancing Balance. Sharing Tricia Yu's Tai Chi Fundamentals® program since 2000. Hosted Ben Lo camps/workshops, 2001 to 2013.

## Details

**Check-in: Thursday, May 25 after 3pm. Check-out: Monday, May 29 by 1:30pm.**

This camp will be structured similarly to our previous Midwest Tai Chi Camps with Mr. Lo.

Classes will include form correction and optional push hands given in Professor Cheng Man-Ch'ing Yang short form. Sword form may be practiced. Discussions with Photos and video presentations sharing memories from past camps and experiences with Mr. Ben Lo, will be a highlight. There will be an opportunity for all to share.

Students must have completed Professor Cheng Man-Ch'ing Yang short form to register.

Housing: Linens will be provided. **We will have all single rooms. If you wish to share a room please check with Pat Culotti.**

Facilities: 11 Meals are provided. Details will be provided with an acknowledgement letter after your deposit is received.

Participation is limited to 40 students.

Car Pool from airport: Please contact Pat Corrigan Culotti at 262-271-1061 or email her at [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)

Questions: Please contact Pat 262-271-1061 or [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)

Total registration fee per person is: \$1200

Deposit of \$600 due by March 15<sup>th</sup>, 2023. Balance: \$600 due by May 1<sup>st</sup>, 2023.

**EARLY BIRD DISCOUNT: \$950.00 if you register and pay in full by February 28<sup>th</sup> we are honoring the 2013 rate for single occupancy, a \$250.00 savings!**

Registration fees must be received by the due date. Late registration fees will be subject to a \$30 late fee. Both will be non-refundable after the balance due date, May 1<sup>st</sup>, 2023.

Please join Tana, Kwok Ming, Kim, Tricia, Pat and very special guests – senior students of Ben Lo, when we return to the Racine Dekoven Center for one more Midwest Camp in Honor of Benjamin Lo’s teaching.

Please reserve your spot early for this momentous event this year.

Upon receipt of your \$600 registration fee, you will receive a map with detailed information.

The balance payment is due by May 1, 2023.

Please write or call 262-271-1061 if you have any questions. **PLEASE PRINT:**

Name	Name Tag	Age	Gender
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Address	Phone
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City	St.	Zip	Email
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T'ai Chi Experience:

(your teacher, years of practice, whether you are teaching or not)

Note: If you are a vegetarian, please check box  If you need a car pool, please check box

Please Mail Checks Payable to:  
Pat Corrigan Culotti  
**Enhancing Balance**  
**4595A Turtle Creek Drive**  
**Brookfield, WI 53005**  
OR Venmo: @Patricia-CorriganCulotti