

Please Join us for an inspired experience in Yang Style Cheng Man-Ching Training and a chance to meet multiple gifted teachers in the CMC/Benjamin Lo tradition:

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 1st 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.

There are many other gifted instructors coming to this retreat and opportunities to share with them in form correction and some tui shou practice may also be available on this Friday evening.

Registration Form

Name:

Address:

City

_____ State _____ Zip _____

Phone:

E-mail:

Years of Tai Chi Study/Practice: _____

Teachers:

Cost for this Friday evening class: \$80.00

**Please bring check or cash with this registration form to the training Friday evening. (Cash is preferred)
Make checks out to Patricia C. Culotti.**

**Friday, May 26
7:00 to 9:00 pm
Dekoven Center
Assembly Hall
Racine, Wisconsin
600 21st St.
Racine, WI 53403
262-633-6401**

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