

## Warms Springs Winter Retreat 2008

January 25 - 27

Warm Springs Lodge

Presented by Sifu Diane Cannon, Ming Tao T'ai Chi Ch'uan

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January is a great time to get away for a T'ai Chi Retreat! For those of you who have been to Warm Springs before, you can probably already feel the relaxing atmosphere and smell the freshly baked bread! For those of you who have not yet experienced a T'ai Chi Retreat at Warm Springs Lodge now is your chance! ***You do not have to be a T'ai Chi student to attend! Everyone can benefit from the workshops offered this year!***

We will gather between 4:30p.m. and 6:30p.m. to settle into our rooms. Most rooms are double occupancy, some have private bathrooms, and others will use single bathrooms accessed via the common hallways that are located throughout the Inn. So, if you know someone who is going that you would like to room with, arrange that with your friend ahead of time! At 7:00p.m., we will sit down to a wonderfully home cooked meal by Alan Hetrich the Innkeeper.

Since winter is a time of going inward and reflection, the workshops will be focusing on Meditation, Brocades, Sticky Hands Practice, and Classics. There will also be plenty of free time for walks in the countryside, up the mountain or along Sherman's Creek, reading, resting, music, games, or whatever else happens to evolve! (And usually some pretty interesting things do!) If you play a musical instrument, bring it.

We will end the Retreat on Sunday at 1:30p.m., after lunch.

### More Info

- ◆ Warm Springs Lodge is approximately 2.5 hours from Newark (it is a little Northwest of Harrisburg out in the country) Sometimes groups get together and carpool.
- ◆ Once we are at the Lodge you will not need to get in your car again until you leave!
- ◆ **\$150 Deposit due by January 7, 2008.**
- ◆ **Balance/Payment in full is due by January 17, 2008.**
- ◆ You can go to [www.mingtaotaichi.com](http://www.mingtaotaichi.com) and/or [www.warmspringslodge.com](http://www.warmspringslodge.com) for additional information.
- ◆ Cost: Total cost is on a **sliding scale from \$325 - \$375, you decide.** Includes all workshops, meals, and lodging.
- ◆ Lisa Schadd, a licensed massage therapist, will be attending and offering bodywork sessions for a special retreat price of \$45-\$70/hour! Lisa has attended many retreats with us and is an excellent practitioner!

**Please Submit the Form Below Upon Registration to:**

**MTTC Studio c/o China Wind, 280 Market East Plaza, Suite 113 & 114, Newark, DE 19711**

**(Make Checks payable to Ming Tao T'ai Chi Studio)**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone No.'s \_\_\_\_\_

Current Teacher (if you have one) \_\_\_\_\_