



PHOENIX T'AI CHI CENTRE

presents

"T'AI CHI IN SACRED PLACES" A T'ai Chi & Qigong Retreat Weekend

Five Oaks Centre, Paris, Ontario
August 20-22, 2010

Arrival: 7:00pm on Friday

Departure: 4:00pm on Sunday

**Cost: \$220.00 each, shared room
\$275.00 for single occupancy**

**Deposit: \$100.00 before July 1
Balance: Due August 10**

No bookings can be accepted after August 10

Deposits are non-refundable after August 10

This will be a week-end of T'ai Chi, Qigong, T'ai Chi Swordplay, Meditation, use of the on-site Labyrinth and swimming pool. Weather permitting; we'll have an evening by the outdoor fire. There will be a daily program and breaks to explore the beautiful grounds. Participants are not required to attend all the activities if more individual time is required.

PROGRAM NOTE: Our special guests this year are Jan Bentley-Fogolin and Tanya Korovkin, senior instructors under Steve Higgins, Sifu of Cold Mountain Internal Arts. They will share their knowledge of the Crane and Dragon Qigong forms.

BRING: Your own snacks (no nuts please) and refreshments for Saturday night, rainwear, bathing suit, flashlight, T'ai Chi sword (we can supply a few).

Towels & bedding will be supplied.

MEALS: 2 breakfasts, 2 lunches & 1 dinner are included in the cost of the weekend.

Coffee, tea, juice, fruit & cookies are available at all times and are also included.

LOCATION: Five Oaks is situated on 116 acres of Carolinian forest on the Grand River with trails, a pool, a labyrinth and a bookstore.



Five Oaks Centre 519-442-3212
1 Bethel Rd, RR3 Paris ON N3L 3E3

Travelling to Five Oaks:

Five Oaks is conveniently located 1.5 hours west of Toronto, 1 hour east of London and 30 minutes south of Kitchener.

Coming from the east or west, take Highway 403 to the Simcoe/Paris exit onto Hwy.24 (Rest Acres Road). Turn south (as if to Simcoe) and go to the first cross road (Bethel Road). Turn left (east) on Bethel Road and continue straight into the Five Oaks parking lot.

Visit our website at www.phoenixtaichi.ca or call 519-439-8875