

Tai Chi Foundation Presents
US East Coast Tai Chi Summer Holiday
June 8-14, 2019 at Smith College in Northampton, Mass.



Join us this spring at Smith College in western Massachusetts for a vacation week of tai chi. We'll arrive on Saturday, June 8, for the welcome and orientation session that evening. The training runs from June 9 to 14 (ending with a party!); we leave on Saturday, June 15.

Our residential summer vacation camps are fun and inspiring, and they offer a more intensive practice experience than weekly classes do. Immersing yourself in days of tai chi growth will help you to reach a new depth in your art, as the various threads of our tai chi practice weave together to create a unified dantian presence. Working with old friends and meeting new friends from our tai chi centers around the US and Europe is a unique and enjoyable experience.

For beginning students, we will help you learn and refine the form. You'll also have an opportunity to explore tai chi principles in qi gong practice, meditations, and Hawaiian swimming.

For our more advanced tai chi players, we will draw from the grounding work of qi gong and form, the unifying touch of push hands, and the expanding awareness of tai chi sword to grow our whole-body experience of tai chi: connecting heaven and earth, letting go of our habits of thought-driven movement, and cultivating the alive awareness of the unchanging Dao.

As Wolfe Lowenthal's tai chi book, "There Are No Secrets", reminds us, the treasures of this art are hidden in plain sight. Let's gather this summer to enjoy each other and to reap the rewards of tai chi together!

*For more information and to register, see our website: **www.taichifoundation.org**.*

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Accommodations and Meals

We will live on the Smith College campus, a short walk from our class studios. Single rooms are available; bathrooms are shared (the usual college experience). Smith College meals will have options for those with vegetarian or gluten-free diets. You may also arrange local housing off-campus if you prefer. We recommend that local residents sign up for the lunch package, since the social part of the training is so much fun.

Daily Schedule

We start our days after breakfast with simple meditations, qigong, and tai chi practice. After lunch, we have classes in tai chi form, push hands (sensing hands), and sword form (for more advanced students). In the late afternoons, our unique Hawaiian swimming class is open to all. In the evenings, there are fun and relaxing gatherings (for example, lectures, tai chi films, poetry, music, plus a party the final evening).

Of course, there will be time for relaxing at meals, enjoying the company of new and old friends, and exploring the charms of western Massachusetts. All classes and activities are optional, so that you may do as much or as little as you wish.

Costs

All inclusive for the week: tuition/room/board \$1430 (\$1480 after May 1)

Local residents (tuition only) \$720 (\$770 after May 1)

Local residents (with lunches) \$820 (\$870 after May 1)

Hawaiian Swimming. (\$40)

Preparation

If you are a beginner, no preparation is needed. If you know some tai chi, practice what you know.

What to Bring

Bring a variety of layers of clothing, for cooler mornings/evenings and warmer mid-day sessions. If you're taking Hawaiian Swimming, remember your swimming gear. For our classes, remember to bring your tai chi shoes, and maybe an extra pair for any outdoor sessions. You'll receive more specific advice when you register.

Our Unique Teaching Method

Our school uses a team-teaching method, so that students always have someone to follow in the front while another teacher can watch the class from different angles to see what needs attention. This method allows students to learn from a variety of teachers, and makes our classes less about any single teacher's personality and more about the clarity of passing the art to the students.

As we spend the week together, all of our teachers will welcome your questions and comments, whether in class, during meals, or in conversation during the rest of the day. Many of our teachers have decades of experience in practicing and teaching tai chi.