

"Ignore the taster, ignore the thing being tasted, rest in the tasting alone." - Yogi Vasistha

JOY THROUGH MOVEMENT

A T'AI CHI CHIH® WORKSHOP
OCTOBER 14-15, 2023 IN WINDSOR, COLORADO
Windsor Recreation Center, 250 11th St., Windsor, CO 80550

w/ Amy Tyksinski, Accredited T'ai Chi Chih® Teacher of 28 years

*"Meditation uncovers Joy! And Joy is the greatest healer. At the center of our being is Joy."
Justin Stone, Meditation for Healing*

This workshop is appropriate for any practitioner who is familiar with the 19-Movement, 1 Pose T'ai Chi Chih form and seeks to go deeper

Please Note: *The workshop is cumulative in nature and is best experienced as a whole.
It is limited to 40 participants.*

Saturday, October 14 - 9:00 AM - 5:00 PM MT

9:00 AM – 12:00 PM

Session 1 – The Joyous "Thunk" of arrival

-Lunch Break- (please bring your own sack lunch or plan to go out to eat)

2:00 PM – 5:00 PM

Session 2 - Surrender

Sunday, October 15 - 10:30 AM - 5:00 PM

10:30 AM – 11:30 AM MT (Outside Group Practice -Weather permitting)

Session 1 - Ushering in the Silence

-Short Break-

12:00 PM – 5:00 PM MT

Session 2 - Circular Stillness – Transitions

-Longer Break- (light snacks will be provided; however please bring your own, too)

Session 3 - "Isn't an Apple tree remarkable?" – The All and the Everything

Registration Form is below:

Full Workshop: \$195

Early Bird Registration by October 1, 2023: \$165

Contact: Rebecca Paulson



About Amy Tyksinski:

Accredited to teach T'ai Chi Chih in 1995, Amy moved to Albuquerque, NM in 2000 to study directly with Justin Stone, the originator of T'ai Chi Chih. She feels it is a privilege it is to be able to share this joyous moving meditation with people of all ages. Please check out www.amytcc.com to learn more about her.

"You can't appease the hunger by reading the menu!" - Justin Stone

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A T'AI CHI CHIH® WORKSHOP - SATURDAY & SUNDAY:

OCT. 14 & 15, 2023

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Registration

Name:

Email Address:

Please check one:

I am a student

My teacher is:

I am a teacher

Payment:

Scholarship donation (love-offering in service to all who hope to attend)

Early Bird Registration by October 1 (\$165)

Regular Registration after October 1 (\$195)

Total Payment (check one) Venmo:

Personal Check:

If paying by check:

**Please make checks payable to: Rebecca Paulson and include this registration page with your check.*

If paying by Venmo:

Venmo Link: Available upon request

**People paying by Venmo please fill out this Registration page and email it to Rebecca*

Please Contact: Rebecca Paulson