

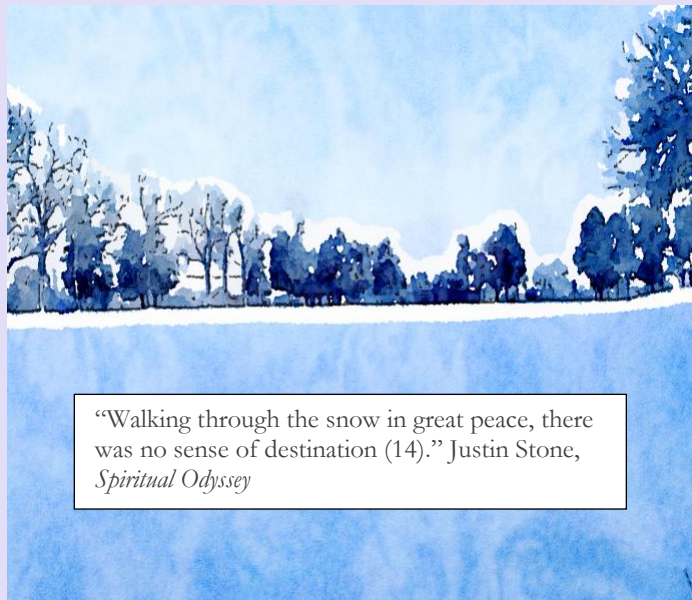
Ushering in the Silence –  
A T'ai Chi Chih® New Year's  
Retreat

With Amy Tyksinski

Saturday, January 6, 2024

9:00 a.m. – 5:00 p.m.

(vegetarian lunch included)



“Walking through the snow in great peace, there was no sense of destination (14).” Justin Stone, *Spiritual Odyssey*



**Who:**

This day-long retreat is appropriate for anyone who is familiar with the T'ai Chi Chih 19 movement 1 pose form and is interested in going deeper.

**What:**

We will explore “function” (movement) and “essence” (stillness) through T'ai Chi Chih and other practices shared by Justin Stone, the originator of T'ai Chi Chih in service to the Joy of discovering “Who and What we are.”

**Where:**

The T'ai Chi Chih Center is located in the Sun Valley Commercial Center, Suite G-1, 320 Osuna Rd. NE (just west of Edith Blvd. and the St. James Tea Room entering on the south side of Osuna), Aba., 87107

“To Be is To Receive; To Know is To Rejoice (119)” (Stone, *Abandon Hope*)



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. Please check out her website to learn more about her: [www.amytcc.com](http://www.amytcc.com)

(see below for Registration)

## Registration



### To Register:

Cost: \$135

Please register by emailing Amy Tyksinski: [amytyksinski@gmail.com](mailto:amytyksinski@gmail.com) to confirm your spot. Space is limited.

Payment: Registrants may pay by Check (made out to Amy Tyksinski LLC or Venmo: [amytyksinski@gmail.com](mailto:amytyksinski@gmail.com)) Payment is due by December 30, 2023.

Please Note: Cancellations after December 30, 2023 will receive refund less \$75 processing fee.

### Schedule

9:00am - 12:00pm - Movement & Stillness

12:00pm - 1:30pm - Gather Together for Lunch

Please Note: A light vegetarian lunch will be provided, however, participants are encouraged to bring their own snacks to be sure their unique dietary needs are supported)

1:30pm - 5:00pm - Movement & Stillness



*“As awareness grows, so does Joy. As we approach Joy, we approach Divinity.” – Justin Stone*

