



"Mindful Sitting / Mindful Moving" ... Toward an Awake Life

Retreat Led by Sr. Antonia

Tuesday, January 19 - Thursday, January 21, 2021

via Zoom (link to be provided by January 15, 2021)

Space is limited to 24 participants, so please reserve your space now.

Retreat Cost: \$125

Name _____

Address _____

Email _____

Telephone _____

If student, please provide Teacher's Name _____

No refunds after December 15, 2020

Questions? Contact Ev Hanson-Florin ev.hanson.florin@gmail.com or

Nancy Werner-Azarski nancyjanwa@aol.com

Please mail this registration form and a check payable to Minnesota T'ai Chi Chih, Ev Hanson-Florin, 1544 Fulham, St. Paul, MN 55108