



# 2010 Fall Retreat

at *Sundog Retreat*

Saturday, October 16 & Sunday, October 17

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Tai Chi Yukon invites you to our 2010 Fall Retreat.  
In the quiet seclusion of *Sundog Retreat*,  
a 25 minutes drive from downtown Whitehorse,  
we will explore and experience the  
Traditional Yang Family Style Tai Chi Chuan 103 Movement Hand Form.

## The Program

The traditional Yang Family Style Tai Chi Chuan form is comprised of 103 movements that may be broken into three sections. In the retreat we will focus on the first and second sections from which we will learn the foundations of tai chi as well as the choreography of the form.

Yang Family Style Tai Chi Chuan is the most popular and widely practised tai chi style in the world today. It is characterized by slow, smooth, even, gentle, large movements. Many of the standardized tai chi forms developed by the Chinese government are based on the traditional Yang style.

Tai chi chuan or tàijíquán is an internal Chinese martial art practiced today primarily for its health benefits. It is a low-impact, weight bearing, aerobic exercise that improves general physical condition, muscle strength, balance, coordination and flexibility. Tai chi is known to ease pain and stiffness and scientific research on the art has shown how it can improve cardiovascular fitness, overall well-being, enhance the immune system, and reduce blood pressure.

## Our Instructor

The retreat will be led by Pam Boyde. Pam has studied tai chi for over 20 years. Her teachers include: Grandmaster Yang Zhenduo, Grandmaster Yang Jun, Master Liang Shouyu, Sam Masich, Raymond Chung, John Camp, Chantal Fafard and Cheryl Buchan. She has studied traditional Yang family style taijiquan for over 15 years.

Pam is a member of the International Yang Family Tai Chi Chuan Association from which she has attained her 5th level ranking and instructor certification. She travelled to China in 2000, 2005 and 2007 to further her studies in Chinese martial arts in general and Yang family style taijiquan specifically.

Pam teaches both bare hands and weapons solo forms of the traditional Yang Family Style taijiquan syllabus. As well she teaches the Beijing Simplified 24 and Combined 48 forms, and Sam Masich's 5 section form - solo barehand, two person form and solo sword form. At our weekend seminar, she will be sharing her insights into our foundation form, the Traditional Yang Family Style Tai Chi Chuan 103 Movement Form.

## Our Schedule

Day	Time	Activity
Saturday, October 16	10:00 a.m. – noon	Introduction; start of Section 1
	Noon – 1:30 p.m.	AGM Luncheon
	2:00 – 5:00 p.m.	Continuation of Section 1
	5:45 – 7:00 p.m.	Dinner
		Evening Practice
Sunday, October 17	9:00 a.m. - noon	Section 2
	Noon – 1:00 p.m.	Brunch
	2:00 – 4:00 p.m.	Section 3 and closing

### **Annual General Meeting Luncheon**

Members are welcome to attend the AGM luncheon meeting only at noon on Saturday, October 16. There will be seating for more than 20 members at the table. After a drive in the country and lunch with friends, you may want to stay for a sauna or dip in the hot tub. A wonderful way to spend a fall afternoon.

Please register by September 30.

### **Meals**

If you have any food allergies, please note them on your Membership Registration form under the medical conditions section. Efforts will be made to satisfy the needs noted on registrations received by September 30.

### **Overnight Accommodation**

On site cabins are available for participants wishing to stay overnight. Those registering to share a cabin with others will be contacted prior to the event for final arrangements.



## The Location

*Sundog Retreat* is located at Lot 1160 on Policeman's Point Road, off the North Klondike Highway. It is a 25 minute drive north-east of Whitehorse. Car pooling is encouraged.

*Sundog Retreat* is owned and operated by Andrew and Heather Finton.

Visit their website at [www.sundogretreat.com](http://www.sundogretreat.com)

## Registration

The retreat is planned to allow maximum participation flexibility to meet the needs of all students regardless of your experience in tai chi. To ensure you will receive personal attention by the instructor, registration for sessions is limited to a maximum of 20 participants.

Tai Chi Yukon is subsidizing this event to reduce participant fees. The Week-ender package and an early registration discount are offered. Members 65 years and older registering for the Day-tripper benefit by reduced session fees.

Payment of fees must accompany the event and membership registration forms. Cheques are to be made payable to Tai Chi Yukon.

Send your two registration forms and cheque to:

Tai Chi Yukon  
c/o 212 Alsek Road  
Whitehorse, YT  
Y1A 5A8

A full refund of retreat event fees can be provided if application is made to Jo-Ann Gates before September 30, 2010.

### **Further Information**

Please contact Jo-Ann Gates  
by phone: 867-667-4531  
or e-mail: [jowho2u@gmail.com](mailto:jowho2u@gmail.com)

Information and forms can also be found at [www.taichi-yukon.ca](http://www.taichi-yukon.ca)



## 2010 Fall Retreat Registration Form

Name \_\_\_\_\_

Email Address \_\_\_\_\_

Home Address \_\_\_\_\_

Phone No. \_\_\_\_\_ Cell Phone No. \_\_\_\_\_

1. Complete **one** of the following options: Week-ender (A) **or** Day-tripper (B)

- A. Week-ender:** This package includes all sessions, meals and accommodation for Saturday and Sunday.  
Rates are reduced for registrations received before September 15.

Check **one** line.

✓	<b>Week-ender Registration</b>	<b>Fee</b>
	Weekender – received <b>before</b> September 15	\$175.
	Weekender – received <b>after</b> September 15	\$200.

- B. Day-tripper:** This option allows you to select specific sessions and meals. Overnight shared accommodation can also be arranged. Members 65 years of age and older are offered a reduced rate on session fees. Members are welcome to attend only the AGM luncheon.

**Check the activities you will be attending and total your fee.**

✓	<b>Saturday</b>	<b>Activity</b>	<b>Fee</b>	<b>65+ Fee</b>	<b>Total</b>
		2 hour session	\$30.	\$20.	
	12:00	AGM Luncheon	\$15.	\$15.	
		3 hour session	\$45.	\$30.	
	5:45	Dinner	\$30.	\$30.	
		Evening Practice			
		Shared Accommodation	\$45.	\$45.	
	<b>Sunday</b>				
		3 hour session	\$45.	\$30.	
		Brunch	\$15.	\$15.	
		2 hour session	\$30.	\$20.	
		<b>TOTAL</b>			