

## Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Years of Tai Chi Study/Practice: \_\_\_\_\_  
Teachers \_\_\_\_\_

Lenzie camps attended (Date and Location):  
\_\_\_\_\_  
\_\_\_\_\_

**Meals:**  Regular  Vegetarian  Vegan

Other Dietary Restrictions: \_\_\_\_\_

*Please reserve the following accommodations:*

### **\$1,095.00 for Single Occupancy**

- Payment in full enclosed.  
 \$500 deposit enclosed.\*

### **\$1,035.00 for Double Occupancy**

- Payment in full enclosed.  
 \$500 deposit enclosed.\*

Please indicate with whom you would like to share:  
\_\_\_\_\_

**\* Note: Balance due September 20, 2021.**

*No refunds after September 20, 2021.*

*Please make checks payable to:*

**Glen Echo T'ai Chi**

and mail to: **Ellen Kennedy**  
6500 Broxburn Drive  
Bethesda, Maryland 20187

*Scheduling Flights: Please consider camp check-in and departure times before booking flights (see schedule). Camp is a 50-60 minute drive, depending upon traffic, from any of Washington's three area airports. If you need transportation to the camp, please contact the Kennedys at emearskenn@aol.com or 301.573.6593, regarding car pool. Map and transportation information will be sent to participants on receipt of Registration Form and initial payment.*

## **Enrollment is limited and early registration is recommended.**

Deadline for registration is August 15.  
Enrollment is limited due to the size of the facility.  
In the event there is over-enrollment, a wait list will be started. Priority may be given to those who have previously attended Lenzie's camps and have sent their registration by the deadline.

# **East Coast Camp with Lenzie Williams**



## **October 7-11, 2021**

**Bishop Claggett Retreat Center  
Adamstown, Maryland**

**[www.taichiberkeley.com](http://www.taichiberkeley.com)**

## 2021 East Coast Camp:

Please join us for the **2021 East Coast Camp** at Bishop Claggett Retreat Center, Adamstown, Maryland overlooking rolling hills and rural countryside. For more information about the facilities, go to [www.claggettcenter.org](http://www.claggettcenter.org).

**Lodging is in Single rooms.** If double rooms are desired please let us know with whom you wish to share or we will assign.

Please let us know as soon as possible your special dietary restrictions and the chef will do his best to accommodate you.

## Schedule

### Thursday, October 7

- 2:00 - 5:00 pm Check In
- 5:30 pm Dinner
- 7:00 - 8:00 pm Form Correction
- 8:00 - 9:00 pm Push Hands

### Friday, Saturday and Sunday, October 8-10

- 7:00 - 7:40 am Form and Meditation
- 8:15 am Breakfast
- 9:30 - 11:30 am Warm up, Form Correction, and Meditation
- 12:00 - 12:45 pm Lunch
- 1:00 - 3:00 pm Rest / Free Time
- 3:00 - 4:00 pm Push Hands Training Exercises
- 4:00 - 5:00 pm Free Push Hands
- 5:30 pm Dinner
- 7:00 - 8:00 pm Form Correction
- 8:00 - 9:00 pm Push Hands

### Monday, October 11

- 7:00 - 7:40 am Form and Meditation
- 8:15 am Breakfast
- 8:45 - 9:30 am Pack
- 10:00-12:00 am Form Correction and Meditation, Completion Talk
- 12:00 - 12:45 pm Lunch
- 1:00 pm Departure

## Training Approach:

**Form Posturing** cultivates basic internal strength and stamina. Significant emphasis is placed on:

- conscious details of postures, which affects alignment and balance;
- details of both postures and transitions that affect sinew development (flexibility and internal pliability);
- important ideas, concepts, and images that facilitate cultivation of Sung (relaxation) and awareness of the Tan Tien; and,
- increasing consciousness of the important relationship between external organization (alignment, foot and leg position, etc.) with internal organization (sinew quality, openness of the joints, quality of Sung, etc.), which produces a truly internal quality to the Tai Chi movements, as well as practical function.

**Form Flow** involves cultivating quality flowing movement from the awareness of tempo, evenness, conscious connection between postures, etc. This practice is essential to increased flow of Chi, and is most important to Chi refinement.

**Standing Meditation** is a very important tool for Tan Tien and Chi cultivation. A key link in cultivating whole-body awareness, this meditation is probably one of the most significant spiritual tools available in this system.

**Push Hands** practice will emphasize low and medium intensity training, which allows for the best opportunity for the most conscious and most organizationally correct yielding and pushing. There will be time available for free push hands, as well as separate classes for beginners.

I believe and hope that, with a sincere commitment to bring the most of ourselves to the training, and to attempt to operate at our highest level of integrity and compassion toward one another, we will allow ourselves the opportunity to have a deeply valuable and transformative Tai Chi workshop and life.

## Five Principles:

Relax (Sung)

Separate Yin and Yang

Turn the Waist

Spine Straight

Beautiful Ladies' Wrists

## About Lenzie...

I had the exceptional honor, gift, and good fortune to be a senior student of Mr. Ben Lo until his passing in October 2018. I have tried to study and practice meticulously since I began attending Mr. Lo's classes in 1976. I've taught Tai Chi since 1979 in Berkeley, California; and have taught workshops nationally and internationally since 1990.

I've also had the great opportunity to compete in push-hands tournaments for a few years nationally and internationally. It's been incredible learning the multi-level lessons of success and winning; however, it's been equally valuable to learn the multi-level lessons of non-success and losing. That period has been invaluable to my understanding of the complexity of what push hands and its various approaches is about.

Tai Chi Chuan is a profound and amazing art. As practitioners, each of us has the opportunity to honor this gift by doing the best we can to cultivate our bodies, our emotions, our minds, and our spirits — which allows us the potential to be influenced and moved by the spirit of the Tao.

--LJW