



**SEPTEMBER 9-10, 2017**

# YMAA TAI CHI RETREAT

**Join us in Scenic Marshfield, MA  
walking distance to Marshfield Center  
2 miles to area beaches**

## YMAA INSTRUCTORS:



**Master Roger Whidden  
Jeff Pratt, 3<sup>rd</sup> Degree Instructor**

## AGENDA

### SAT SEPT 9TH

8-10 AM Qigong  
10 AM-Noon Form & Pushing Hands  
2-5 PM YMAA Curriculum  
7-9 PM Open Practice

### SUN SEPT 10TH

8-10 AM Qigong  
10-noon Pushing Hands & Fighting Set  
2-5 PM YMAA Curriculum

Register by 8/31 (10% discount)

2 full days \$90 (\$81)  
1 full day \$50 (\$45)  
½ day \$30 (\$27)

Lodging available at WSFI  
(1/2 bath, hose outside)  
\$20 inside gym / \$10 outside tent

Make checks payable to: WSFI  
Mail to: Whidden's School of Fitness



**Whidden's School of Fitness**  
822 Webster Street  
Marshfield, MA 02050  
781-834-7722

# YMAA TAI CHI RETREAT REGISTRATION

## September 9 – 10, 2017

### Whidden's School of Fitness

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

How did you find out about the retreat:

\_\_\_\_\_

I will attend:

<input type="checkbox"/> Sat AM	<input type="checkbox"/> Sat PM	<input type="checkbox"/> Sun AM	<input type="checkbox"/> Sun PM
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Retreat	Register by 8/31	Late Registration	
<b>2 Full Days</b>	<b>\$81</b>	<b>\$90</b>	
<b>1 Full Day</b>	<b>\$45</b>	<b>\$50</b>	
<b>1/2 Day</b>	<b>\$27</b>	<b>\$30</b>	
<b>WSFI Lodging:</b>			
<b>(Optional)</b>	<b>Inside gym = \$20</b>	<b>Outside tent = \$10</b>	
<b>Total Enclosed:</b>			

Make checks payable to: **WSFI**  
 Send to: **Whidden's School of Fitness, Inc.**  
**822 Webster Street**  
**Marshfield, MA 02050**