



Longevity Tree Qigong Learning Workshop
Lotus Mountain Retreat Center, Richmond, VT
May 27-31, Led by Marty Kidder

Marty knows how to set a learning pace that allows adjustments for each person's needs. He'll provide an intensive yet relaxed practice experience, and as those of you know who have worked with him before, he makes learning lots of fun! (Email for Marty: marty@oaktreetaichi.com)

Our Longevity Tree Qigong retreat will begin Mon. 5/27 with registration and opening reception from 8:30-9:30. Our daily practices will take place in a large geodesic dome (snacks on hand, of course). Lunch break will include not only a delicious organic vegan meal but an hour after for your private relaxation—hiking, napping, sauna, hot tub, reading, etc.

For those who choose suppers at Lotus Mountain you'll have another opportunity to try new dishes and socialize. Evenings you can hike, practice qigong and tai chi, relax by the fireplace—that's your choice. Wed. evening, 5/29, people will take their evening meal off-site, making their own arrangements. But we hope everyone will stay for supper at the Retreat Center on Thursday, 5/30.

The workshop will end after lunch on Friday, 5/31.

Lotus Mountain Retreat has a variety of sleeping options: 10 single rooms (king bed, private bath)—one is reserved for Marty. For those able to share a King bed, the rate is lower, of course.

The Family Suite contains a semi private space with a queen bed; a shared space with a king bed and 2 bunk beds; 2 shared baths.

The dormitory is just that—6 bunk beds and 2 shared baths.

On the following page, please fill in your personal information, mark your room and meal choices, and fill in the comments and questions area too, if necessary.

REGISTRATION FORM: LONGEVITY TREE QIGONG RETREAT, 5/27-5/31, 2019

Registration closes April 30.

Personal Information

Name:

Home Address:

Home Phone:

Cell phone:

Name and phone number for person to call in an emergency:

Tai Chi & Qi Gong Experience

If you are a certified instructor, please list your certifications:

If you are taking or have recently taken tai chi or qigong classes, please list those:

After taking the Longevity Tree Qigong Learning workshop, do you plan to pursue certification when it is offered in summer 2020?

Where do you think you might teach Longevity Tree Qigong once you are certified?

How did you learn about this 2019 Longevity Tree Qigong Learning workshop?

Questions and concerns about the workshop:

Room Choice	Mark 1 for first choice, 2 for second	Total for 4 nights	Your amounts
Private Single, one person		330	
Private Single, two people		180 each	
Fam. Suite, semi-pvt Q bed		280	
Fam. Suite, shared spacee, K bed		235	
Fam. Suite, bunk bed		180	
Bunk bed in Dormitory		170	
Commuter—facility charge only		75	
Meal choices			
Full service	4 bfst; 5 lunch; 3 supper	175	
Lunches only	5 days	60	
Lunches + supper 5/30		85	
Lunches + supper 5/27 & 5/30		110	
Lunches + supper 5/27, 28, & 30		135	
Tuition	For full workshop	100	
Snacks & Misc.	For full workshop	50	
Your total.....	

Concerns or comments about facilities? Please note below:

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 Send your registration and 50% deposit (check made out to Tai Chi Vermont) with both pages of this registration form to Chris Curtis at: 152 Lyman Ave., Burlington, VT05401

Second payment is by May 15th.

To see pictures of Lotus Mountain Retreat Center go to www.lotusmountainretreat.com

Note: Tai Chi Vermont maintains a small scholarship fund. If you seek financial assistance for part of this workshop's cost, contact Chris for information and required form (curwit@gmail.com).