



Tai Chi Retreat at Mepkin Abbey

MARCH 25-27, 2022

\$590

Text

\$190

*Includes training, lodging, and all meals
from Friday night to Sunday morning.*

*Includes training only
and lunch on Saturday*

TICKETS AT WWW.KAIZENWAY.ORG

Immerse yourself into a serene and motivating environment for expanding your knowledge in Tai Chi Chuan, Qi Gong and Chinese Kung Fu at the Mepkin Abbey Retreat Center! Whether you are a beginner or advanced, you will leave the experience rejuvenated and equipped with valuable tools for cultivating wellness and health in your day to day life.

The retreat is facilitated by Billy Ilderton and Yan Agrest, who have more than 20 years of teaching experience, and excel at providing the highest quality Martial Arts instruction. Highly skilled massage therapists will be onsite for retreatants interested in the opportunity for deeper relaxation and wellness.

