



**REGISTRATION FORM**

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

Address: \_\_\_\_\_  
\_\_\_\_\_

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

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

Tai Chi Group: \_\_\_\_\_

Private Room: \_\_\_\_\_ Semi-Private: \_\_\_\_\_

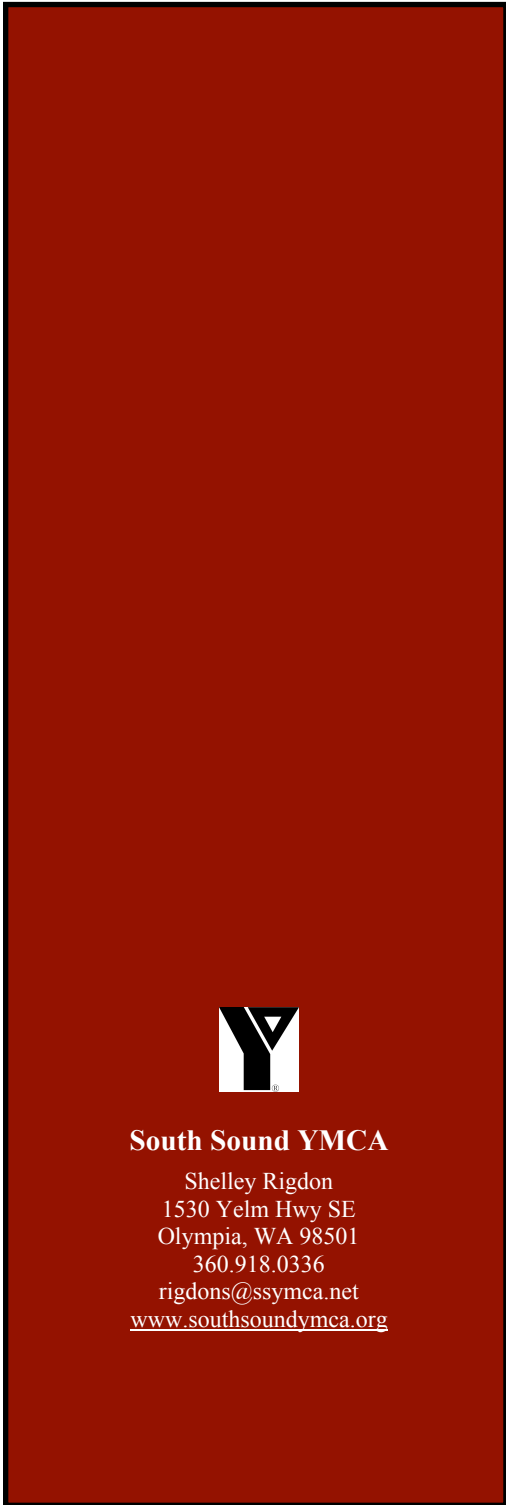
Dietary Restrictions: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Name

Phone Number

Special Accommodations: \_\_\_\_\_  
\_\_\_\_\_

Please mail form and payment to South Sound  
YMCA, Attn: Shelley Rigdon, 1530 Yelm Hwy  
SE, Olympia, WA 98501.



**South Sound YMCA**

Shelley Rigdon  
1530 Yelm Hwy SE  
Olympia, WA 98501  
360.918.0336  
rigdons@ssymca.net  
[www.southsoundymca.org](http://www.southsoundymca.org)



**TAI CHI CHUAN**  
**September 11-13, 2009**

**Camp Casey**  
**Whidbey Island, WA**

*Featuring Internationally Renowned*  
*Jane Golden*

**Sponsored by the**  
**South Sound YMCA**





## Jane Golden

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Jane Golden established her School of Tai Chi Chuan and Qigong in Sonoma County in 1979. Her medical, martial, and spiritual perspectives have profoundly influenced thousands of students. Jane's high level of achievement is based on decades of formal instruction and traditional practice of slow set, fast set, push hands, weapons, and Qigong. In honor of the Chinese Masters under whom she studied, Jane imparts the value of the ancient traditions.

Jane's unique style of personal instruction embraces the beginner and continues to inspire the student for a lifetime of practice. Jane's deep understanding of both the art and the student's needs and her outstanding communication skills, create a learning atmosphere that promotes individual growth and group consciousness. The ability to teach on multiple levels and to present simultaneously many aspects of Tai Chi and Chi Qigong has earned Jane high regard and respect locally, nationally, and internationally.

Many qualified teachers of Tai Chi and Qigong have emerged from her school. Jane has been teaching Tai Chi and Qigong for 30 years.



## Camp Casey – Whidbey Island

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*1276 Engle Road  
Coupeville, Washington 98239  
866-661-6604  
[www.spu.edu/depts/casey](http://www.spu.edu/depts/casey)*

Accommodations will be in Company Quarters J, which was built in the 1940s and once housed the enlisted men stationed at Fort Casey, a US military installation. This building retains the rustic “Army boot camp” ambiance. The second story affords picturesque views of Admiralty Inlet, Port Townsend, and the Olympic Mountain range. Company Quarters J sits only 100 yards from the water.

Semi-private rooms with a limited number of private rooms are available on a first-come, first-served basis.

### WHAT TO BRING?

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- Bedding
- Towels and toiletries
- Warm clothes for windy conditions
- Flashlight
- Alarm clock
- Stuffed animals only. No dogs allowed.



### INFORMATION:

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- Check-in begins Friday at 5:30 p.m.
- First session begins Friday at 7:00 p.m.
- Last session ends Sunday at noon
- Early-bird registration before June 30, \$255; after July 1 \$280; includes lodging Friday and Saturday nights, Saturday meals, Sunday breakfast, and Tai Chi sessions every day!
- Due to limited space, refunds are available before August 1.
- Beginners are welcome!!!



**Info (360) 918-0336**

