

Tai Chi Sword Workshop - Info Sheet

The Canadian Tai Chi Academy - Kelowna Club is hosting a weekend long **Sword Workshop**. This will be the entire set taught in one weekend. The sword set another tool in learning and building upon the four aspects of standing, sitting, turning and stretching. As well, it will help the practitioner understand how to relax through force and open up the spine.

Plus it will be a lot of fun!

Location: The workshop will take place in the gymnasium of St. Joseph Elementary Catholic School, 839 Sutherland Avenue in Kelowna, BC.

The workshop schedule:

Friday, March 9:

- 7:00 – 9:00 pm: Workshop Start (need to start learning early!)

Saturday, March 10:

- 8:30 - 9:00 am: Registration
- 9:00 – Noon: Workshop
- Noon – 1:30 pm: Lunch (lunch brought in)
- 1:30 – 4:00 pm: Workshop
- 4:00 - 5:00 pm: Review
- 7:00 – 9:00 pm: Workshop

Sunday, March 11:

- 9:00 am – Noon: Workshop
- Noon – 1:00 pm: Lunch (lunch brought in)
- 1:00 - 4:00 pm: Workshop

Registration: Please register in advance by either...

- Going here and filling out the online form - <https://form.jotform.com/CTCAKelowna/workshop-registration-form>
- Downloading the fillable PDF and submitting https://drive.google.com/open?id=1Fyb0bd85hJDJ_YafNpoZg2df9LYbXI5X
- E-mailing okworkshops1@gmail.com and we will send you a form to fill

Questions may be directed to

- okworkshops1@gmail.com
- Jim at 250-763-7639
- Anne at 250-764-6596

Cost: The cost will be \$100 for the weekend. The workshop fee includes lunches and snacks.

Payment: Payment at the door is welcome (**Cash** or **Cheque** only), but we would like to encourage everyone who registers, to pay through **E-transfer** to okworkshops1@gmail.com (your bank may charge a small fee). Kelowna residents can return their registration forms with payment to a CTCA instructor but online submission is preferred.

Sword - Bring/Purchase: There will be a very limited number of swords available for 'borrow' at the event. So there are a couple of options people can choose to purchase a sword. To help with your decision here is a short video on what to look for in a sword.

https://drive.google.com/file/d/1ufTvTlrJI_KFwdHdmABiq1AmlsOCqelr/view?usp=sharing

- 1) Order through us - **CHANGED** - We are ordering swords from the below company. We are getting a local woodworker to customize these swords for us.

Please let us know by Feb 7th by the latest if you desire to purchase one from us.

- 2) Purchase your own beforehand - There are many online stores that sell tai chi practice swords. Here is an example <https://bushido.ca/product/tai-chi-hardwood-sword/> (we do not endorse any of these stores). The above store is Canadian but many online stores are American stores and charge US rates and shipping and may cost a more than anticipated.

Transportation: Both Air Canada and Westjet fly into the Kelowna airport (YLW). We can arrange transportation to and from the airport, and around town between hotels and the workshop locations. Please e-mail us your arrival and departure times and flights to okworkshops1@gmail.com

Accommodations: We have two options available for helping with accommodations.

- 1) **Changed** - We have reserved a block of 15 rooms at the Accent Inn, 11430 Harvey Avenue in Kelowna, at a cost of \$89 plus taxes, per night, for a double room. This includes continental breakfast. The dates reserved are for **March 8th, 9th, 10th and 11th** and they have extended the group rate to be available for any guests who might be staying for an extra day or two on either end of the group booking. If you wish to take advantage of this option, please call 1-800-663-0298 or email kelowna@accentinns.com and quote Group ID # **5429588**.

The **cut off date set for February the 16th**, guarantees availability but after that date they can still make bookings for any last minute additions to the workshop at the group rate assuming they have rooms available. They are not holding any rooms with kitchenettes but there are some available for an additional \$10/night.

- 2) We will be able to arrange billets if requested on the registration form.

For questions pertaining to either of these of options please contact Jacquie Myers myerswarchuk@shaw.ca or phone (250) 765-4668

Please re-check this document periodically, as plans are evolving.