

T'AI CHI, QI GONG & ZEN



MOUNTAIN TOP RETREAT
October 23 - 25, 2009
Led by Sifu Lana Spraker
At Yokoji Zen Mountain Center



**Enhance your physical health,
mental clarity and spiritual awareness
through these internal arts**

- **Traditional Yang style T'ai Chi Ch'uan, (108 forms)**
- **Qi Gong** - Liangong health exercises, Zhan Zhuang, 8 Pieces Brocade (Ba Duan Jin) and T'ai Chi Chih (T'ai Chi Ruler).
- **Zen meditation** instruction and practice led by **Arthur Wayu Kennedy** as an integral part of the retreat.
- **Beginning students** learn the First Section of T'ai Chi Ch'uan based on the foundation principles of the *Taijiquan Classics*.



- **Experienced students** deepen understanding of the complete T'ai Chi Long Form, refining the 2nd and 3rd section movements.

Sifu Lana Spraker, M.A. has been delighting and inspiring students of T'ai Chi and Qi

Gong for 37 years. She is also a Certified Teacher of the Alexander Technique. Her unique method of teaching

blends Alexander Technique principles for balanced and coordinated use of the body with her rich lineage of T'ai Chi Ch'uan, acquired in over 39 years of study. Sifu Spraker has been leading retreats at YZMC since 1987. This is her 44th retreat at YZMC.

Roshi Charles Tenshin Fletcher is Abbot and resident teacher at Yokoji Zen Mountain Center. He has been practicing Zen for over 30 years and is a successor of Taizen Maezumi Roshi, the founder of the White Plum Lineage of Soto Zen.

Yokojo Zen Mountain Center is located on 160 acres in the San Jacinto Mountains, near Idyllwild, approximately 120 miles east of Los Angeles. The natural environment offers visitors clear skies, clean air and serene unspoiled wilderness land.



Total cost: Non-members: \$280 (YZMC members \$190)
Early Registration: \$265 if *paid in full* by October 5, 2009
Includes instruction, accommodations and vegetarian food

Please send a \$50.00 non-refundable registration check
Payable to Lana Spraker by October 15, 2009
Send to: P.O. Box 25654, Los Angeles, CA 90025



(310) 479-3646 — sprakerlg@earthlink.net — www.alexandertaichi.com
Yokoji Zen Mountain Center — (951) 659-5272 — www.zmc.org