

# 2026 Tai Chi Friends Winter Retreat

## Schedule of Events – Feb. 15-18

### Saturday

9:00-10:00 Pre-retreat Fellowship Practice in San Rafael at Marin MOCA at 1210 Fifth Avenue.

### Sunday

1:00 – 2:30 Pre-Retreat Lunch at La Casa off the Square in Sonoma. Contact Nora for reservations

4:00 – 5:00 Check in

5:00 – 5:45 Welcoming Circle & Introduction to Session by Leaders with Brad Bennett

5:45 – 6:30 Practice led by Nora Privitera & Kat Brown

6:30 Welcoming Dinner

Immediately after dinner - Update on our club Lui Cloud Hands Tai Chi and website

### Monday

6:30 – 7:00 Silent Meditation

7:15 – 8:00 Waking Up Qi with Kat Brown.

8:00 – 9:00 Breakfast (Check-in for newcomers)

9:00 – 9:15 Morning Welcome

9:15 – 10:00 PHD Opening thru 1st Single Whip with Jeffery Gersten

10:00 – 10:15 Break

10:15 – 11:00 Small Group Lessons I

Jeffrey Gersten Transition into Fair Lady

Nora Privitera Yin & Yang in Moves I

Brad Bennett Ward Off-Roll Back-Press & Push

Kat Brown The Wiggle, Loosening the Waist

11:00 – 11:15 Break

11:15 – 12:00 PHD Cloud Hands thru Stork Cools Wings with Kat Brown

12:00 – 12:30 PHD Practice with Morning Leaders

12:30 – 2:00 Lunch

2:00 – 2:30 Group Pictures

2:30 – 3:30 Philosophy in Yin Yang  
Jeffrey Gersten & Brad Bennett

3:30 Free Time

6:00– 6:30 “Sunset Practice” led by Mike Banister

6:30 Dinner

8:00 Socializing

Paying too much attention or over focusing on movement or energy tends to cause suffering from tension and blocks the free flowing of energy.

## Tuesday

- 6:30 – 7:00 Silent Meditation
- 7:15 – 8:00 Two Corner Zoom  
Brad Bennett and Susy Olson
- 8:00 – 9:00 Breakfast (Check-in for newcomers)
- 9:00 – 9:15 Morning Welcome
- 9:15 – 10:00 PHD Brush Knee thru Fair Lady with Nora Privitera.
- 10:00 – 10:15 Break
- 10:15– 11:00 Small Group Lessons I  
Jeffrey Gersten Fair Lady  
Nora Privitera Yin & Yang in Moves II  
Patrick Johnson Thread the needle and Cloud  
Hands Spirals  
Brad Bennett Continuous Punch
- 11:00– 11:15 Break
- 11:15 – 12:00 PHD Dragon Dance, Continuous Punch, & Yin Yang steps with Brad Bennett
- 12:00 – 12:30 PHD Practice with Morning Leaders:
- 12:30 – 2:00 Lunch
- 2:00 – 5:00 Free Time – Hot Tub Party
- 6:00– 6:30 “Sunset” Practice” led by Linda Langman and Barbara Dwyer
- 6:30 Dinner
- 8:00 Party & Talent Show

## Wednesday

- 6:30 – 7:00 Silent Meditation
- 7:15 – 8:00 Yoga with Yofe Johnson
- 8:00 – 9:00 Breakfast
- 9:00 – 10:00 Check out
- 10:00 – 11:00 Integration and Reflection with Brad Bennett
- 10:45 – 11:00 Break
- 11:00 – 12:15 Rotating Practice of Forms

*Practice Sessions are designed to cover a variety of forms, some not all of us practice. Sample one or all. Remember, one can often gain by watching others and different forms. Hence, watching is promoted during these sessions.*

- 12:30 – 2:00 Closing Lunch and Thank You

Tai chi movement must be one with the movement which runs through the universe. The flowing of the chi current of the body must be in tune with the flowing of the chi current in the universe.

Sayings in boxes are quotes from H. H. Lui and can be found in Spiritual Snacks