

Tai Chi & Wellness Summer Retreat 7/23-26/2027

	Friday	Saturday	Sunday	Monday
	Day 1	Day 2	Day 3	Day 4
5:00 AM				
6:00 AM				
7:00 AM		Breakfast on own	Breakfast on own	Breakfast on own
8:00 AM		Qigong / Meditation / Tai Chi 8 Form	Qigong / Meditation / Tai Chi 8 Form	Qigong / Meditation / Tai Chi 8 Form
9:00 AM		@ Sunken Field	@ Sunken Field	@ Sunken Field
10:00 AM				
11:00 AM		Open	Open	Closing
12:00 PM		Lunch on own	Lunch on own	
1:00 PM				
2:00 PM		Cape Meares	Tillamook	
3:00 PM				
4:00 PM		Kilchis Point Trail/Reserve	Open	
5:00 PM		Tai Chi - 24 form	Tai Chi - 24 form	
6:00 PM		Dinner on own	Dinner on own	
7:00 PM		Open	Open	
8:00 PM	Sunset Tai Chi - on beach	Sunset Tai Chi - on beach	Sunset Tai Chi - on beach	
Other possible activities / open time				
What	Kilchis Point Trail/ Reserve	Cape Meares	Tillamook Creamery	Oregon Coast Scenic RR
Where	Spruce St Bay City, OR 97107	3500 Cape Meares Loop Tillamook, OR 97141	4165 N Hwy 101 Tillamook, OR 97141	306 American Avenue Garibaldi, OR 97118
Cost	Free / donations	\$12 per day, per vehicle	Cost of ice cream, etc.	Adult - \$ 34 / Senior - \$ 30
Drive	<15 minutes each way	45 minute drive each way	16 minute drive each way	< 10 minutes each way
Other				90 minutes round trip

All meals on your own	Tai Chi/Qigong/Wellness activities	Open time
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