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FOR IMMEDIATE RELEASE
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T'AI CHI CHIH WEEKEND WORKSHOP SET FOR APRIL

TUPELO, Miss.—The North Mississippi Medical Center Wellness Center will host a T'ai Chi Chih weekend workshop April 16-18.

The workshop runs from 1-5 p.m. Friday, 9 a.m.-5 p.m. Saturday and from 9 a.m.-noon Sunday. The NMMC Wellness Center is located at 1030 S. Madison St.

Instruction will be provided by Carmen L. Brocklehurst, who teaches the T'ai Chi Chih form based upon T'ai Chi Chih's principles of movement. The workshop will cover 20 easy-to-learn movements that activate, circulate and balance Chi, the body's intrinsic energy.

The course fee of \$75 includes a dinner Friday night and lunch Saturday. For further information, contact T'ai Chi Chih instructor Ron Richardson at (662) 844-6473 or ron_richardson@comcast.net.

Brocklehurst, who lives in Albuquerque, N.M., has a master's degree in education from the University of New Mexico. As a certified meditation instructor since 1979, she has led many meditation classes, workshops and retreats.

A certified T'ai Chi Chih instructor since 1980, she lectures and facilitates T'ai Chi Chih programs for numerous corporations and organizations. She has been invited to present T'ai Chi Chih workshops and lectures for international conferences and has also published articles for national and international publications. During her T'ai Chi Chih career, 175 of her students have become accredited teachers. In 1986 she was also certified as a Seijaku instructor for advanced T'ai Chi Chih.

She hosts a popular 13-part television series, T'ai Chi Chih—Joy Thru Movement—that is currently being shown nationally on PBS stations.