

A Day of Exploration with T'ai Chi Chih

**Saturday March 14th 2026:
10:00 AM – 3:30PM**

All are welcome, beginners to T'ai Chi Chih teachers

Flowing Smoothly

This workshop, presented by T'ai Chi Chih teachers, will focus on cultivating awareness and mindfulness through explorations of balance, alignment, and soft flowing movements.

Registration:

There is a suggested attendance fee of \$40, or whatever donation feels right for you. Please bring cash or a check made out to "Linda Braga". Bring a bag lunch OR you can buy food at the Safeway Deli just outside Rossmoor.

NOTE: Security procedures at Rossmoor require your name at the entrance to Rossmoor.

–You may need your driver's license or other identification
–Please submit your name and phone number no later than **March 6th** to **Richard Dye** at his email: dye824@gmail.com. Even if you are not sure you will attend, please send Richard your name, just in case you change your mind.

Directions:

Directions to Hillside Clubhouse: 3400 Golden Rain Road, Walnut Creek 94595 – From Highway 24 either East or West: Take the Pleasant Hill Road South exit: Go 1 mile on Pleasant Hill Road to Olympic Blvd. Go 0.8 miles on Olympic Blvd, turn right onto Tice Valley Blvd. Go 0.7 miles south on Tice Valley Blvd to Rossmoor Parkway and right. Follow Rossmoor Parkway to the Rossmoor Entry plaza: Use the 2 left lanes marked for visitors (entry security procedures described above). Take the first right turn onto Golden Rain Rd and continue to Lower Golden Rain Rd, turn left. In a short distance you will see the Hillside complex at left (with lawn bowling green). Park in the parking lot and follow signs to The Diablo Room. From Highway 680: Take the Olympic Blvd exit: go west about 1 mile to Tice Valley Blvd. Turn left on Tice valley Blvd. and go 0.7 miles to Rossmoor Parkway. Turn right and Follow the above directions *(above) into Rossmoor.



Questions? Contact:

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