

Tai Chi & Wellness Summer Retreat

7/19-23/2026

	Sunday	Monday	Tuesday	Wednesday	Thursday
	Day 1	Day 2	Day 3	Day 4	Day 5
5:00 AM					
6:00 AM					
7:00 AM		Qigong	Qigong	Qigong	Qigong
8:00 AM		Breakfast on own	Breakfast on own	Breakfast on own	Breakfast on own
9:00 AM		Meditation	Meditation	Meditation	Closing
10:00 AM		Tai Chi - 8 form	Tai Chi - 8 form	Tai Chi - 8 form	Open
11:00 AM		Open	Open	Open	We're out
12:00 PM		Lunch on own	Lunch on own	Lunch on own	
1:00 PM		Cape Meares	Tillamook	Oregon Coastal Excursion – Rockaway Beach & Garibaldi	
2:00 PM					
3:00 PM	Kilchis Point Trail/Reserve	Open	Open		
4:00 PM					
4:00 PM	We're in / Prep	Open	Open		
5:00 PM	Welcome & Orientation	Tai Chi - 24 form	Tai Chi - 24 form	Tai Chi - 24 form	
6:00 PM	Dinner on own	Dinner on own	Dinner on own	Dinner on own	
7:00 PM	Open	Open	Open	Open	
8:00 PM	Sunset Tai Chi	Sunset Tai Chi	Sunset Tai Chi	Sunset Tai Chi	
9:00 PM	Open	Open	Open	Open	
10:00 PM	Open	Open	Open	Open	

Other possible activities / open time			
	35 minute drive each way	16 minute drive each way	< 10 minutes each way
Cape Meares	3500 Cape Meares Loop	4165 N Hwy 101	306 American Avenue
\$12 per day, per vehicle	Tillamook, OR 97141	Tillamook, OR 97141	Garibaldi, OR 97118
Kilchis Point Trail/ Reserve	Spruce St	Cost of ice cream and	Adult - \$ 34
Free / donations	Bay City, OR 97107	souvenirs	Child - \$ 26
			Senior - \$ 30
Times: 10:00, 12:00, 2:00			

All meals on your own
Tai Chi/Qigong/wellness activities