

**Way in the Woods XV:  
Tai Chi Weekend - Deep Portage Preserve  
October 29 – 31, 2010**

**New students are encouraged to attend!**

Our fabulous weekend starts, as usual, on Friday evening with dinner and ends before noon on Sunday. We're on our own for Sunday breakfast, so please bring some food to share.

The theme for this year, "Tai Chi and the Senses", will be woven into both form and instruction. It will be a weekend to learn new things, practice form of all kinds, and have fun. In addition to the formally scheduled activities, there will be plenty of free time to connect or reconnect with each other, walk in the autumn woods, nap, or read.

This year's Way in the Woods offers us a unique opportunity. In addition to the usual learning and laughter, the Deep Portage staff has extended an invitation to attend, for free, the Bill Staines concert at 7PM on Friday. Bill Staines is folk musician who mixes traditional songs with his own contemporary music. He has recorded 26 albums, and his songs have been covered by the likes of Peter, Paul and Mary, Glen Yarborough, Makem and Clancy, and Nanci Griffith. For more information, visit Staines' website at [www.acousticmusic.com/staines](http://www.acousticmusic.com/staines).

Deep Portage is a nearly 10-square-mile nature preserve about an hour's drive north of Brainerd. We usually have the place to ourselves. (Learn more about DP at [www.deep-portage.org](http://www.deep-portage.org))

The weekend is \$175.00 until October 1<sup>st</sup> [after October 1<sup>st</sup>, registration is \$200]. This includes two nights, four meals, all the workshops and instruction, and use of the Deep Portage facilities, and the concert. A few single rooms are available on a first-come-first-served basis for \$185.00 before Oct. 1. So, help out both your wallet and the planners by registering early.

For more information you can call or e-mail Sharon Grandy:  
763-475-2615 or [sharon\\_grandy@uhc.com](mailto:sharon_grandy@uhc.com)

---

**Way in The Woods XV Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Circle your T-shirt size: adult (unisex) S M L XL XXL or  
women's S M L XL

**Make your check payable to Sharon Grandy.**  
**mail to: Sharon Grandy, , 3000 Xanthus Lane North, Plymouth, MN 55447**