



**Pam Towne – T'ai Chi Chih Teacher Trainer
Accredited T'ai Chi Chih & Seijaku Teacher, since 1984**

Pam Towne is an accredited T'ai Chi Chih teacher and one of two international T'ai Chi Chih Teacher Trainers. Accredited in 1984 by Justin Stone, the originator of T'ai Chi Chih, Pam has been teaching this moving meditation ever since. A teacher at heart, she has a Lifetime Secondary Teaching Credential in California and over 30 years teaching experience.

Over the years Pam has taught T'ai Chi Chih in adult education, corporations, parks and recreation departments, cancer centers, senior communities, churches, and spiritual retreats, including the 1993 Science of Mind Conference held just outside of Moscow in Russia.

Pam leads T'ai Chi Chih Teacher Trainings, Intensives, Retreats and Workshops around the world. She currently resides in Oceanside, California, with her husband, Ted Duncan, and two cats.

Her mission is to improve the quality of people's lives and to contribute to inner and outer peace through sharing T'ai Chi Chih.

Learn more about Pam Towne at www.taichi9.com/about.htm