

**Afternoon Workshop #4:  
2:10-2:50**

Location	Topic	Teacher
Heaven	<b>Primordial Qigong</b> A rare and powerful qigong from the ancient Taoist tradition, this exercise system blends the primordial energy of Heaven and Earth with the energy of life within the body to achieve vitality and longevity. This qigong will help the practitioner improve their martial arts and healing power and improve health and quality of life.	<b>George Hoffman</b>
Earth	<b>Baqua Circle Walking</b> For health, balance, fall prevention, internal wellness, stamina, and mental awareness in the moment.	<b>Morris Burch</b>
Thunder	<b>Flowing through the week with Buddha's Sacred Postures</b> Qigong inspired by the Buddha's seven sacred postures, one for each day of the week. We will flow through the daily postures as bring alive Buddha's teachings of gratitude, peace, wisdom, humility, reflection, compassion and trust.	<b>Kapil Taneja</b>
Mountain	<b>Sun Taijquan 10 Movement Form</b> Practice gentle movements that will awaken the life force in a balanced way, inducing radiant health, serenity and rejuvenation.	<b>David Chandler</b>
Fire	<b>Tai Chi for Heart Conditions</b> Taiji is shown by medical studies to improve most health conditions. Dr. Lam's team has incorporated medical research and traditional Chinese medicine into the ancient art of taiji to create an effective program. It can prevent or improve most heart conditions, as well as improve balance, immunity and relaxation.	<b>Robin Henrie</b>

**All Day**

<b>Big Tent</b>	<b>Open Practice</b> Throughout the day the 20'x40' big tent is available (weather permitting!) for teachers to meet & greet, share and practice with students and visitors	<b>All</b>
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**Morning Workshop #1  
10:45-11:25**

Location	Topic	Teacher
Heaven	<b>Qigong for Health</b> In this workshop, you will learn movements of the famous qigong set called Eight Pieces of Brocade along with important qigong foundation exercises from Feng Zhiqiang's Hunyuan Qigong.	<b>Zhang Qilong</b>
Earth	<b>Basic Push Hands Training</b> Learn basic push hands patterns from a Chen style perspective, and how to integrate your solo practice into partner training.	<b>Stan Baker</b>
Thunder	<b>Swimming Dragon Qigong with Qigong Tapping</b> Swimming dragon is a simple exercise that uses the whole body to trace the Tai chi diagram. With practice this Qigong can lead to balancing the whole being, opening and loosening the spine. Qigong tapping primary intent is to strengthen the immune system while invigorating the flow of Qi, blood and lymph.	<b>Rich Marantz</b>
Mountain	<b>Yang Style 24 Movement</b> This short and manageable form was created in 1956 at the request of the Chinese Sports Commission, specifically to be a national exercise for non-athletes and the elderly, so that the wider public could fit taijiquan practice into their normally busy lives. Yuehua will lead participants through the entire form and teach the whole sequence.	<b>Yuehua Wu</b>
Fire	<b>Marriage of Heaven &amp; Earth Qigong</b> Heaven and Earth Qigong provides a real taste of what tai chi can do. A powerful Self-Healing system to heal your body and awaken your qi.	<b>David Shaver</b>
Lake	<b>Coiling Silk Qigong for joints, energy &amp; flexibility</b> In coiling silk, various parts of the body turn slowly on a stable axis, like the unwinding of a silk cocoon. These exercises gently open and close the joints, improve posture and breathing, and develop resilience and supple strength, stimulating life force (qi) to flow without obstruction. This is an excellent practice for personal well-being and a great complement to yoga, taiji, and other movement practices.	<b>George Hoffman</b>

**Morning Workshop #2**  
 11:35-12:15

Location	Topic	Teacher
Heaven	<b>Intro to Hunyuan Taiji's 24 Form</b> all Hunyuan Taiji 24 form is a major cornerstone in the Hunyuan system. Using Chen style Taiji as its base, Mr. Feng enhanced the internal aspects by integrating Hunyuan Qigong into the form. This final iteration contains all of the later refinements Mr. Feng integrated.	<b>Zhang Qilong</b>
Earth	<b>Tibetan Sticks</b> Especially fun, simple to learn, moving meditations with numerous health benefits, used for training in stick fighting.	<b>David Chandler</b>
Thunder	<b>Five Element Meridian Qigong</b> Our biological clock, called "Zi Wu Liu Zhu" in Chinese, is a natural law based on the concept of natural rhythm, and the unity of and resonance between nature and man. This 24 hour cycle is an orderly connection of the rising and falling of a person's 12 meridians, and the relationship between the body's internal Yin organs (Zang) and Yang organs (Fu).	<b>Lorelei Chang</b>
Mountain	<b>Taijiquan Practical Applications</b> Learn the purpose and function of some of taijiquan's movements and deepen your understanding of why techniques move as they do. A workshop for all levels, beneficial even for practitioners not focusing on the martial aspects of taijiquan.	<b>Antonio Suarez</b>
Fire	<b>The Yi Leads the Chi</b> We will practice using our imagination in different ways to move through the form.	<b>David Ritchie</b>
Lake	<b>Finding Wuji in Taiji</b> Standing meditation practice is excellent for developing many things such as proper structure, relaxation, mental quietude, and qi cultivation. Yet, while taiji is differentiated from wuji once action starts, most all taiji postures have elements of wuji in them. We will explore these attributes and how they can benefit your taiji form.	<b>Steve Buschman</b>

**Afternoon Workshop #3**  
 1:20-2:00

Location	Topic	Teacher
Heaven	<b>Shujin Zhuanggu Gong: Muscles, Tendons and Bones</b> This medicinal qigong set is called 'Shujin Zhuanggu Gong' and incorporates exercises to fortify and maintain the strength and flexibility of the muscles, bones, and tendons.	<b>Malee Khow</b>
Earth	<b>Tai Chi Walking</b> Tai chi walking is a foundational exercise in the development of any Tai chi practice. In this workshop we will peel the layers of of Tai chi walking providing the participant years of enjoyment in exploring their own Tai chi practice.	<b>Rich Marantz</b>
Thunder	<b>Five Treasures Qigong</b> This introductory qigong set incorporates fundamental techniques of breathing, movement and relaxation to balance the mind, body and spirit.	<b>Sharon Didato</b>
Mountain	<b>The Importance of Intention in Forms Practice</b> The Taiji Classics states that the intention (will) is the origin of movement and it is that intent that guides our practice, whether it's standing, forms, or push hands. Learn how an awareness of intent, and its application is integral to your forms practice specifically, and to taijiquan practice in general.	<b>Antonio Suarez</b>
Fire	<b>Tai Ji for Arthritis and Fall Prevention: Sun Style</b> This form is designed for its ease of movement and upright stance. In this lesson you will learn the form step by step and leave with something you can continue to practice at home. Studies show Tai Chi for Arthritis can reduce pain from arthritis and decrease falls, especially among older adults.	<b>Sarah Winter</b>
Lake	<b>Reeling Silk and Developing the Dantian</b> Spiraling energy, referred to as 'silk reeling,' is the mode by which energy moves through the body in taijiquan. Learn the Chen style's way of developing your body's center of gravity, and the spiraling exercises it employs.	<b>Stan Baker</b>