Tai Chi for the Beginner: A short Sun Style tai Chi form will be taught. This form contains easy to learn postures, which stress some of the basic principles of Tai Chi; posture, balance and breathing. **Shifu Karen Psimer**

Yang Family Taiji Qigong Form: A valuable Yang Family exercise for strengthening and mobilizing the Qi first described by Chen Yen-lin about 1930. “Taiji Qigong allows the sinews and bones to be stretched and expanded, causing the blood and Qi to unite, increasing the internal energy.” Come experience this powerful health enhancing exercise. You’ll want this one in your qigong repertoire. **Shifu George Hoffman**

Shifu Terry Neu
Yang Cheng Fu’s “Large Frame” Traditional Yang Style T’ai Chi Ch’uan:
This 103 Movement Hand Form of 3 sections workshop is designed for all students
who wish to gain exposure to the Traditional Yang Style Long Form and/or deepen
their present understanding of T’ai Chi Ch’uan. T’ai Chi Ch’uan training method is
to relax (song) into softness where unified softness becomes hardness.
Shifu Robert Gordon

Standing Meditation: This Falun Gong (Qigong) workshop will be the four
standing exercises that open up the body.
Shifu James Bendzinski & Shifu Karen Nichols

Sitting Meditation: This Falun Gong (Qigong) workshop is the fifth exercise in
the series. The Qigong is a sitting meditation that clears the mind and relaxes the
body. Shifu James Bendzinski & Shifu Karen Nichols

Push Hands: Learn how to neutralize and increase the power of rooting. Practice
going loose while staying connected. Shifu Antonio Suarez

Body Alignment: Understand the use of hydraulics to mobilize rather than just
moving your hands softly. Shifu Antonio Suarez

Shifu Keith Cowley

How to Grasp the Sparrow's Tail, Gently: Learn basic principles of tai chi that
make possible the impossible—that is, grasping a sparrow’s tail, by keeping it at a
distance, letting it fly by, sending it to nest, and discharging the bird with two
hands. One Tai Chi Posture with four Special Energies. Shifu Gary P Donovan

Tai Chi for Arthritis: This gentle form focuses on natural articulations of the
muscular skeletal system. Relief of many arthritic symptoms, examples of which
are lower blood pressure, stress reduction and balance are just some of the benefits
of this program, taught by our certified instructors. Shifu Jeff Boccacio

Qi Permeating Technique: Guan Qi Fa is a simple method for creating harmony
between mind, body and Qi. Movements of the arms are used to assist the mind in
directing the circulation of Qi with the intent to channel the pure essence of the
universe into the body while draining out the impurities. Shifu Robert Michaels
SunDo Taoist Yoga Stretches: Based on the Five Elements of Traditional Asian Medicine, SunDo Taoist Yoga practice includes 10 stretching exercises to balance the energies of water, fire, wood, metal and earth by stimulating the body's Qi energy pathways connected to the internal organs. Join us in practicing these ancient Taoist Yoga stretches for health and well-being. **Shifu Christine Ucich**

Tai Chi Moving for Better Balance: This tai chi protocol has been developed over a period of years, with research supported by the national institutes for health, institute on aging, and the institute for neurological diseases. This tai chi protocol is recommended by the Centers for Disease Control and Prevention for balance training and fall prevention training. **Shifu Laddie Sacharko**

Ten Movement Qigong Form: **Shifu Barbara Santarsiero**

Yin Yang Medical Qigong: **Grandmaster Jiang Jianye**

Chinese Yoga with Healing Qi: **Grandmaster Jiang Jianye**

Healthy Taiji Qigong Six Movement Series: Qigong is a practice of aligning breath, movement, and awareness for exercise, healing, meditation and general well-being. Qigong is believed to help develop human potential, to increase access to higher realms of awareness, and to awaken one to one's true nature while at the same time offering a strong health benefit. **Shifu Yuehua Wu**

Tibetan Sticks: Tibetan Stick-dancing covers a range of moving meditations that are used for training in stick fighting. The techniques are fun, diverse, and simple to learn. They are helpful for increasing balance, stimulating the lymphatic system, and increasing energy, concentration, precision, and connection to a partner. **Dr. David Chandler**

Five Animal Frolics (Wu Qin Xi): Dr. Chandler will be examining and teaching some of the animal frolics from different systems. Most of these Qigong sets have been traced back to Hua Tuo a leading physician of the Eastern Han Dynasty (25-220 A.D.). This style of Qigong has both external and internal components. The physical aspects which can be either vigorous or gentle, but do work to strengthen the constitution of the body, while the internal aspects of the exercises guide one towards developing the spiritual and energetic expressions of the animals. **Dr. David Chandler**
14th Annual World Tai Chi Day
Workshop Descriptions

**Hun Yuan Qigong:** Designed to promote overall health and harmony with the universe. Practitioners will experience the natural motion of the human body as it conforms to the movement of the planets and relates to the cycles of the cosmos, in a very "down to earth" and practical form. **Master Zhang Zhou Xun**

**Tai Chi Five Circle Qigong:** This workshop uses the basic five circle directions found in Tai Chi and Bagua as a healing exercise, along with working with partners in slow motion to understand the Martial applications. **Shifu Rich Hamel**

**Tai Chi & Daoism:** Practice the philosophies of Lao Zi & Zhuang Zi in the tai chi movements. **Dr. Ming Wu**

**18 Form Qigong:** This Qigong routine is composed of 18 simple Qigong exercises. Many areas and organs such as heart, liver, lungs, stomach, and kidneys are covered. All levels from 1st timer to advanced. **Shifu David Ritchie**

**Relaxation, Rooting and Imagination:** Focusing on areas which are important when practicing your form. We will be doing activities to improve these concepts. This form is for all levels of practitioners of all Tai Chi styles. **Shifu David Ritchie**

**Daily Health Maintenance Qigong:** This Qigong set will show how to keep energy circling through the body to prevent energy blockages and stagnation in energy channels. **Shifu Morris Burch**

**Energy Circle Walking and Deep Breathing Exercises:** These exercises encompass mind clearing health forms. **Shifu Morris Burch**

**Taiji Function to Enhance Form:** Understanding of the martial intent behind the movements helps to solidify one’s understanding of their form. **Shifu Onassis Parangao**

**Eight Pieces of Brocade (Ba Duan Jin):** This 800-year old qigong set is one of the oldest in existence. It incorporates light calisthenics, stretching, breathing, and acupuncture meridians in eight easy-to-learn movements. **Master Malee Khow**