

~ SPONSOR SCHOOLS ~

Sponsor schools have provided the financial resources necessary to make this FREE event possible.

Cheng Yee Kung Fu School

Gales Ferry, CT, <http://taichi-ledyardct.webs.com>

Turtle Spring Tai Chi & Qigong School

Mystic, CT, 860-572-9745, gpdonovan@hotmail.com

Centering Arts Tai Chi

Haddam, CT 860-245-3838, www.centeringartstaichi.com

Central Connecticut Tai Chi Chuan

Meriden, CT, 203-235-5703, www.centralconnecticuttaichi.com

Malee's School of Tai Chi and Kung Fu

Manchester, CT, 860-646-6818 www.maleeschool.com

Starfarm Tai Chi & Qigong Search Center

Chaplin, CT, 860-455-0353, www.starfarmtaiji.com

Peaceful Wolf Tai Chi Ch'uan

East Haddam, CT, 860-334-8488, www.peacefulwolftaichi.com

Tranquil Mountain Internal arts

Middlefield, CT, 860-301-6433, www.tmiarts.com

Silver Dragon Tai Chi & Qigong

Coventry, CT, 860-742-5892, www.silverdragontaichi.com

Eagle's Quest Tai Chi Center

Waterford, CT, 1-800-4-TAICHI, www.eaglesquesttaichi.com

Hosting /Participating Schools

Spirit Rising Tai Chi & Qigong

Ivoryton, CT 860-301-0126 www.spiritrisingtaichi.com

Silver Tiger Tai Chi

Westerly, RI. 401-218-8570, silvertigertaichi@yahoo.com

New London School of Martial Arts

New London, CT. 860-908-6998, antonio.suarez@snet.net

Health Healing Martial Arts

New London, CT, 860-287-4968 4health4healing.moonfruit.com

THANK YOU FOR YOUR SUPPORT!

Artwork by: Barbara Hocker

Sound System , "Dr. of the Disc" Jimmy Bendz

**World Tai Chi
& Qigong Day**

18th Annual Celebration

10:00 AM Saturday
April 30, 2016

Town Green,
Colchester, CT



Master of Ceremonies Teacher Terry Neu

9:45 Assemble at the Gazebo

10:00 Joining the World Wide Wave: Morning Qigong

Led by **George Hoffman**

10:15 Introductions and Welcome

10:30 Schools Practice Tai Chi with Teachers

10:45-11:25 Free Tai Chi & Qigong Classes – 8 to choose from

11:35-12:15 Free Tai Chi & Qigong Classes – 8 to choose from

12:25—1:15 Master & Teacher Demo's during Lunch

1:20-2:00 Free Tai Chi & Qigong Classes – 8 to choose from

2:10-2:50 Free Tai Chi & Qigong Classes – 8 to choose from

3:00-3:15 Closing & Thank you

See Inside for Complete Schedule
Visit <http://www.connecticuttaichi.us/>

World Tai Chi & Qigong Day Classes
April 30, 2016—Colchester Town Green

	Location	School	Teacher	Topic	Rating
Workshop #1 10:45-11:25	Heaven	USA Health Preservation Association	Grandmaster Jiang Jianye	Yin-Yang Medical Qigong	All
	Earth	Yue Hua Wu	Yue Hua Wu	24 Tai Chi Basic Form	All
	Wind	Eagle's Quest Tai Chi Center	David Chandler	Sun 10 Form	All
	Thunder	Central Connecticut Tai Chi Chuan	David Ritchie	Wu Hao Style Tai Chi	All
	Mountain	Silver Tiger Tai Chi	Karen Psimer	Sunset Tai Chi Short Form	Beg/All
	Water	Starfarm Tai Chi	Laddie Sacharko	Checklist Tai Chi by the Numbers	Beg/All
	Fire	Health Healing Martial Arts	Morris Burch	Energetic Circle Walking	All
	Lake	New London School of Martial Arts	Antonio Suarez	Finding the Power in Your Form	All
Workshop #2 11:35-12:15	Heaven	USA Health Preservation Association	Grandmaster Jiang Jianye	WuDang Bagua Zhang	Beg
	Earth	Yue Hua Wu	Yue Hua Wu	24 Tai Chi Basic Form continued	Beg
	Wind	Eagle's Quest Tai Chi Center	David Chandler	Sinking your Chi	All
	Thunder	Falun Gong /Falun Dafa	James Bendzinski Karen Nichols	Standing Meditation	Beg
	Mountain	Malee's School of Tai Chi & Kung Fu	Master Malee Khow	Medicinal Chi Kung	All
	Water	Cheng Yee South Shao-lin	Onassis Parungao	How is This Movement used	All
	Fire	Turtle Spring Tai Chi & Qigong School	Gary Donovan	Chen Family Dynamic & Yang Family Centering Qigongs	Beg/All
	Lake	New London School of Martial Arts	Antonio Suarez	Alignment in Your Form	Beg/All
LUNCH 12:25—1:15	Heaven	Teacher Demo's	LUNCH	Teacher Demo's	
Workshop #3 1:20-2:00	Heaven	Tranquil Mountain Internal Arts	Robert Michael	Spring Rain Cleansing Qigong	All
	Earth	Silver Dragon Tai Chi & Qigong	George Hoffman	Coiling Silk	All
	Wind	Centering Arts Tai Chi	Thomas Cushing	Taiji Quan Moving for Better Balance	

World Tai Chi & Qigong Day Classes
April 30, 2016—Colchester Town Green

	Location	School	Teacher	Topic	Rating
	Thunder	Central Connecticut Tai Chi Chuan	David Ritchie	Rooting Relaxation and Imagination	Beg/All
	Mountain	Spirit Rising Tai Chi & Qigong	Sharon Didato	Five Treasures QiGong	Beg/All
	Water	Circle of Life School of Tai Chi Chuan	Robert Gordon	Yang Chen Fu Large Frame 103 Form (first section)	All
	Fire		Stan Baker	Basic Taiji Push Hands and applications	All
	Lake		Jay Van Schelt	Coiling and Spiraling workshop	All
Workshop #4 2:10-2:50	Heaven	Tranquil Mountain Internal Arts	Robert Michael	Guan Qi Fa	Beg/All
	Earth	Silver Dragon Tai Chi & Qigong	George Hoffman	Primordial Taoist Taiji Ruler refresher	All
	Wind	White Tiger Tai Chi	Terry Neu	Inner Chi: Tai Chi Temple Exercises	All
	Thunder	Falun Gong /Falun Dafa	James Bendzinski Karen Nichols	Sitting Meditation	Beg
	Mountain	Joe Pandolfo	Joe Pandolfo	Taste of the Five Animal Frolics	Beg/All
	Water	Cheng Yee South Shao-lin	Onassis Parungao	Taiji Partner Drills	All
	Fire		Stan Baker	Chen Taiji Push Hands	All
	Lake				
Closing 3:00-3:15	Heaven				

~ PARTICIPATING SCHOOLS ~

Participating schools help by providing some of the days activities, enthusiasm and energy! We couldn't do this without them!

Falun Gong / Falun Dafa

Yue Hua Wu

White Tiger Tai Chi

USA Health Preservation Association