

Inner Smile/Cell And Organ Cleansing Qigong (Saturday, 09:00 to 10:10)

Instruction: BRUCE LA CARRUBBA, NJ & FL (www.taichiparkmasterjoutsunghwa.org)

Description: Learn to use the principles of Master Jou, Tsung Hwa. The Li family cleansing qigong as learned from Dr. John Painter; the ancient Chinese practice of the "inner smile" as learned from Master Mantak Chia; and the 5 cloud/5 element practices of Master HuaChing Ni, to cleanse the cells and organs of toxic substances generated by the body's "stress circuit". This is a simple and effective practice for dealing with the stressors encountered in everyday life. We will learn to access the ever-present healing/restorative powers of Nature and of the 5 elements to detoxify the cells and convert harmful negative energy into positive healing energy.

Chi-Lel Qigong (Part-1) (Saturday, 09:00 to 10:10)

Instruction: JAMES (MARTY) MARTIN, Havre de Grace, MD (443) 299-2434

Description: Qigong is an ancient form of self-healing through gentle movement. It is a movement practice focused on health, longevity, stress management, and mental clarity. Marty will be teaching the Hauxia Zhineng (Chi Lel) system, which was the world's largest non-profit medicine-less (without herbs or drugs) Qigong. The Chi Lel center in Qinhuangdao, China (one venue where Marty studied in 1997) treated patients with 180 different diseases and had a 95% success rate.

Expanding Your Qi Awareness (Saturday, 09:00 to 10:10)

Instruction: DAVID RITCHIE, Meriden CT (www.centralconnecticuttaichi.com)

Description: Qi is the life force found in all things. Being able to sense qi in yourself and others is an important goal towards advancing one's taiji practice. In this workshop, Shifu David Ritchie of Central Connecticut Tai Chi Ch'uan will teach you effective techniques to help you expand your awareness of qi. You will learn the power of "mind intent" and the role it plays in qi development. You will discover the power of sensing and rooting qi. You will also discover the importance of proper structure to aid qi flow, and be taught relaxation activities that can be practiced at home. This workshop will teach valuable techniques for beginners to advanced enthusiasts.

Push Hands: Moving at the Speed of Life! (Saturday, 09:00 to 10:10)

Instruction: DR. JONATHAN B. WALKER (www.qissagebodysystems.org)

Description: In the past few years, we've looked at Push Hands from the perspective of "Non-Verbal Communications" and Conflict Resolution." This year, we will culminate those workshops and bring you up to The Speed of Life Push Hands like the Taiji choreography is learned slowly for the purpose of getting it correct, however, once you've acquired the knowledge, it must be put to the test of life itself. Can you push hands with life on a daily basis and maintain harmony? That is the question. Attend this workshop and find out just how to do that.

San Shou: Traditional 88-Move Duet (Saturday, 10:20 to 11:30)

Instruction: DR. JAY DUNBAR & KATHLEEN CUSICK (www.magictortoise.com)

Description: Both Jay and Kathleen studied this set with Master Jou (Kathleen had also studied with Greg Mucci in Illinois) and in 1990 began team-teaching it at Tai Chi Farm. Since then they have led over 60 immersion workshops from Maine to Mobile and abroad. San Shou is an opportunity to study fighting dynamics in slow motion; practice internal (energy-based) rather than external (force-based) responses; exercise listening, yielding, sticking, neutralizing, controlling, and returning; participate in a Taiji conversation, not competition; and enjoy the circle of energy between two players. Come alone or with a partner: partners change during the workshop. Expect a breakthrough in your understanding of solo form!

Taiji Ruler Qigong (Saturday, 10:20 to 11:30)

Instruction: GEORGE HOFFMAN (www.silverdragontaichi.com)

Description: Probably the lesser known of the two major taiji ruler sets to have survived to present day. This ancient Taoist Primordial Qigong set helps us gather qi to enhance our health and merge our qi with the original qi of the universe to achieve vitality and longevity. This exercise system will enhance dan tian awareness, encourage the movement and transformation of jing, blood and qi and help the practitioner improve their martial arts and healing power and improve health and quality of life.

Traditional Push Hands (Saturday, 10:20 to 11:30)

Instruction: BOB & JEAN KLEIN, Sound Beach, NY (www.movementsofmagic.com)

Description: Traditional push hands differs from competition push hands. It emphasizes minimum force, maximum yielding, minimum "doing" and maximum listening. You learn to let the partner do all the work and create force with the breath. This workshop goes over the basic principles.

Somatics Movements For Smarter Tai Chi (Saturday, 10:20 to 11:30)

Instruction: JOHN LOUPOS (www.jfkungfu.com)

Description: John will guide attendees in Somatic patterns for freeing up hips and shoulders... extremely valuable to all Tai Chi'ers regardless of style. Hanna Somatics improves your brain's awareness and control of voluntary muscle performance, making it THE perfect auxiliary practice for all Tai Chi'ers. **(Please bring a mat or towel to this workshop).**

**Last year John brought his Somatics table and ended up fielding more requests for individual Somatics sessions than time allowed for. This year John will be available Fri afternoon thru early Sun morning. Any attendees wishing to arrange for individual Somatics sessions or personal Tai Chi sessions in advance can contact John at jadeforest@comcast.net.*

Chinese Yoga With Healing Qi(Chi) (Saturday, 11:40 to 12:50)

Instruction: MASTER JIANYE JIANG, Albany, NY (www.jiangtaichi.com)

Description: This workshop entails a combination of Tai Chi, Qi(Chi) Gong, Stretching and Balance. Why do some people live a long life and others only a short one? What lets some people live over 100 years and others only 35? For millennia, Daoists have looked to nature for these answers. Both the ancients as well as modern Chinese researchers have found that certain TURTLES and SNAKES have the ability to live a longer life. Humans should learn from them if you want get longer life. These very simple forms combine Tai Chi, Qi(Chi) Gong, Stretching, Balance and Mind, body, spirit connection can: Help reduce high blood pressure and relieve neck and back pain. These are very simple but highly effective forms. They can be practiced anytime, anywhere in limited space without any mat and equipment. Learn how to breathe healing qi and implement yoga and tai chi stretching principles, using images and characteristics of the snake and the turtle, which have proven effective in reducing high blood pressure, back and neck pain.

Tai-Chi Self Defense Principles (Saturday, 11:40 to 12:50)

Instruction: BOB & JEAN KLEIN, Sound Beach, NY (www.movementsofmagic.com)

Description: "Tai-Chi Self Defense Principles": Using movements of form and push hands, we will learn how to apply what we have learned to self defense. These applications will then help us to better understand form and push hands. We will not be hitting each other. Focus mitts will be provided.

Nine Palace Dragon Dancing, Jiugong Dian Wudao - A Baguazhang Qigong Health Exercise (Saturday, 11:40 to 12:50)

Instruction: DR. JOHN PAINTER

Description: Nine Palace Dragon Dancing Bagua is a 500 year old Chinese mind/body health nourishing exercise routine practiced by Chinese Daoist in the high mountains of Sichuan Province. This style of Baguazhang was derived from the ancient book The Yijing. It pre-dates even Taijiquan and Xingyiquan. Unlike Taijiquan and acupuncture, which have been given freely to the public the Li family who created this method from earlier Daoist methods have closely guarded the amazing health building secrets of Nine Palace Dragon Dancing Bagua which is a part of the Nine Dragon Baguazhang system for hundreds of years.

John Painter Ph.D. N.D. has studied these ancient Baguazhang exercises for over 50+ years. His version of this method is based on the Baguazhang methods of Daoist Master Li, Ching-Yuen reputedly one of the longest lived people in history. The beginning methods involves simple, graceful stretching, flexing movements performed while gently walking in a circular pattern around nine circles or posts.

TESTS SHOW DRAGON DANCING IMPROVES YOUR HEALTH Recent scientific medical studies by the Life Science Institute have indicated that masters of this art are among the longest lived, healthiest and most stress-free people in the world.

- o Increased joint mobility and flexibility

(Quick Reference) Saturday & Sunday Workshop Descriptions by Time Slot

- o Reduction of blood pressure
- o Relief of stress and tension for both mind and muscles
- o Improved cardiovascular circulation without aerobics or impact exercise
- o Stimulation of the lymphatic system for augmented healing
- o Enhanced neurological function of the brain and spinal cord
- o Elevated balance and neuro-muscular coordination
- o Reduction in cellular degeneration (slows aging)
- o Promotes improved balance and motor control.

Nine Palace Dragon Dancing Bagua is also a form of non-impact aerobics. It is the ideal way to begin or end your day. It will increase your bodies ability to supply oxygen and nutrients to your muscles, internal organs and nervous system. It's easy and fun for everyone no matter what condition you are in.

Qigong to Calm the Monkey Brain and Reduce Stress (Saturday, 11:40 to 12:50)

Instruction: GAR WANG, Warwick, NY

Description: Gar will share some qigong practices that will enhance circulation throughout the body. These gentle movements will release tension and regulate energy flow to the extremities.

Chan Ssu Chin (Saturday, 2:30 to 3:40)

Instruction: DAVID CHANDLER, Waterford, CT (www.eaglesquesttaichi.com)

Description: At the core of Tai Chi Chuan is a spiral energy process called the Chan Ssu Chin, a reeling silk exercise that is a full range of motion moving meditation. It is based on the Yin/Yang symbol or the Tai Chi Tu as it is more accurately called. The Tai Chi Tu, which translates as supreme ultimate sphere, is a two-dimensional depiction of a multidimensional event. The Chan Ssu Chin exercise uses the body's major joints to follow the map of the Tai Chi Tu and aligns with the great energizing pattern of the galaxy, the spiral. The basic set opens the joints and is used as both a dynamic healing therapy as well as a primary teaching of the martial aspects of Tai Chi Chuan. In this seminar the participants will be introduced to the basic healing movements, martial techniques, and theory behind the Chan Ssu Chin exercises, as well as get a taste of the energy focus of Tai Chi Chuan.

Standing Meditation / Stationary Qigong (Saturday, 2:30 to 3:40)

Instruction: RON GEE (www.rongeeart.com)

Description: Ron will review the fundamentals of standing meditation. This workshop will include a selection of the more uncommon standing postures.

Master Jou's Chen II Form (Paochui) (Saturday, 2:30 to 3:40)

Instruction: RICHARD GREENE, South Orange, NJ & Clermont, FL

Description: Learn the powerful and explosive (Fa Jin) movements of the Chen Second Routine sometimes known as "Cannon Fist" from Richard Greene.

Developing Push Hands Games (and Yourself) (Saturday, 2:30 to 3:40)

Instruction: STEPHEN WATSON, CT

Description: It is not by chance that the wise elders of Tai Chi always described the practice of their internal martial art as play. They knew that good play leads to best work. Work is not the joyless road toward ease of function. Work, when done in fun, is the ever-present hallmark of the deeply skilled. Training with games does not suggest a failure to take one's art seriously, rather it suggests an intelligence directed toward the process of serious development. A master of an art will invariably seem at play while her opponent is working harder than ever yet still vexed. Play is not an abandonment of work but a signifier of wise work. Games improve mood, attitude, & atmosphere. We are all a work in progress but we can also

(Quick Reference) Saturday & Sunday Workshop Descriptions by Time Slot

be a play in progress. Laughter is the internal Dit Da Jow applied to the daily strain and pain you feel as you train. In this workshop, developed especially for this Centennial Celebration, we will be exploring the ways that games can improve your studying, training, and competing. Attendees will practice ancient and modern games of martial drills, tests, and competition. We will rekindle the enthusiasm for everyday skill drilling with game elements. We will learn to devise, revise, and improvise games to continually challenge our art so that it may continually challenge us. Add serious fun at every step of your martial development to ensure a rewarding richness of both Form and FUNction. Training games have played a foundational role in and remain a daily focus of Stephen Watson's school, student body, and indeed personality. Every playful practice session can, with the enriching addition of smart fun, provide otherwise unattainable insight into martial meaning, application, and principles.

Sun 10 Short Form (Saturday, 3:50 to 5:00)

Instruction: DAVID CHANDLER, Waterford, CT (www.eaglesquesttaichi.com)

Description: David will teach the Sun 10 Short Form as taught to him by Grandmaster Sun Yongtian. This dynamic Tai Chi form incorporates primal elements of Qigong, Hsing-Yi, Bagua Chuan and Tai Chi Chuan. A particular benefit of this form is that participants will not only develop Chi or energy from the exercises, but will EXPERIENCE significant Chi. In addition to being a tremendous exercise workout for increasing strength, flexibility and stamina, this form will promote improved balance and softness for the player.

Yin-Yang Medical Qigong (Saturday, 3:50 to 5:00)

Instruction: MASTER JIANYE JIANG, Albany, NY (www.jiangtaichi.com)

Description: This 20 posture form was created by Grandmaster Jianye Jiang after researching many different types of Qi Gong in China. It uses Chinese poetry with nature pictures to visualize Yang Qi(chi) from Heaven and Yin Qi from Earth, then bring Yin & Yang Qi into the organs to maintain health, vitality, and longevity.

The Tai Chi Stick (Saturday, 3:50 to 5:00)

Instruction: MEI JIN LU

Description: The concept of our Taiji Stick regimen is to guide our breathing with the stick, giving first priority to attaining mental tranquility, and building up our bodies at the same time. Breathing should synchronize with our body movements, guided by the stick. When wielding the stick, we should ease our minds, let thoughts govern breathing, and harmonize body and spirit. The stick guides coordination of body and spirit. Mei Jin will demonstrate, and teach you how to use Taiji Stick. You will learn how to twist, turn, bend, stretch around the waist as a center, and move the spine accordingly. She will also teach you how to relax your waist and hips, and keep the body upright and comfortable, and adjust the movement of the waist in harmony with use of the stick. By doing so, we master the skill of sinking the waist and lowering the qi down to Dantian (pubic region); then to straighten the waist and pull up the qi to Baihui acupoint.

Swimming Dragon Qigong / Tapping (Saturday, 3:50 to 5:00)

Instruction: RICH MARANTZ, Manchester, VT (www.greenmountaintaichi.com)

Description: * SWIMMING DRAGON QIGONG: This simple single form of Qigong is based on tracing the Tai Chi diagram with the body and mind. The movements help to promote movement in the spine, joints and digestive system, and balance the entire system. * TAPPING: There are many forms of tapping the body to promote health. This particular form uses a specific rhythm and sequence. The primary benefit is strengthening of the immune system by activating the wei qi (protective qi). This tapping also promotes the flow of qi to leave us feeling invigorated.

Master Jou'S Master Key To Taijiquan (Saturday, 5:10 to 6:20)

Instruction: DR. JAY DUNBAR & KATHLEEN CUSICK (www.magictortoise.com)

Description: In 1985 Master Jou wrote "No matter how many years you have studied, until you have made the effort to understand the Master Key you are not yet a student of Taijiquan." The Master Key requires understanding, practice, and embodiment of the dynamics of the Taiji diagram, its circumference (the eight gates) and its S-curved diameter (the five phases of change). Master Jou designed certain simple exercises and appropriated others to help himself and his students achieve this goal. In this workshop we'll explore a variety of these exercises. Perhaps we can enter the gate, ascend the stairs, and enter the hall of Taijiquan!

Calligraphy For Beginners (Saturday, 5:10 to 6:20)

Instruction: RON GEE (www.rongeeart.com)

Description: After learning about the origins of Chinese writing and ink painting, participants will be invited to try their hand with the brush. The profound ways in which the art of calligraphy and practice of Taiji are connected will be demonstrated in this workshop, which concludes with a group painting.

3 Important Keys Of Tai Chi Principle (Saturday, 5:10 to 6:20)

Instruction: MASTER JIANYE JIANG, Albany, NY (www.jiangtaichi.com)

Description: This 9-posture form was created by Grandmaster Jianye Jiang. It combines Yang and Sun style Tai Chi Chuan to explain that what are 3 important keys. It is easy to learn, easy to understand, and to practice, requiring only a small space to perform. It is especially helpful for beginners and seniors, but no matter what your level, if you try it, it will help you a lot!

The Five Elements Free Flow (Saturday, 5:10 to 6:20)

Instruction: JENNIFER STEFFENER, Pt. Pleasant, NJ (taichisurfer@hotmail.com)

Description: Experience the unique characteristics of your qi by exploring each of the elements in this playful free flow set. This dynamic workshop will combine meditation with movement, breath, and music. As you express yourself in movement, you will reveal the patterns of energy that live within you. Energize your body, relax your mind, and awaken your heart as you stimulate your meridians, open the flow of your qi, and renew your spirit.

Master Jou's Taiji / Qigong Principles (Sunday, 09:00 to 10:10)

Instruction: BRUCE LA CARRUBBA & BEE LEE PILEGGI

Description: Join two of Master Jou's senior students, Bruce La Carrubba and Bee Lee Pileggi as they take you on a journey back to a typical Master Jou class at the legendary Tai Chi Farm in the early 1990's. Rediscover the principles of taiji and qigong as taught by an inspirational teacher and author whose influence continues and can be palpably felt in every workshop venue you will attend this weekend.

Chi-Lel Qigong (Part-2) (Sunday, 09:00 to 10:10)

Instruction: JAMES (MARTY) MARTIN, Havre de Grace, MD (443) 299-2434

Description: Join "Marty" in a continuation and advancement of the practices set forth in Chi-Lel Qigong Part-1.

The Art of Self-Massage (Sunday, 09:00 to 10:10)

Instruction: JENNIFER STEFFENER, Pt. Pleasant, NJ (taichisurfer@hotmail.com)

Description: Join this workshop in the ancient art of self-care massage that can help heal, tone, and prevent illness. This workshop will teach you simple and easy-to-learn massage techniques and acupressure points that you can perform on yourself to help relieve the symptoms of common ailments such as sinus congestion, headaches, general aches and pains, digestion and elimination problems, low energy, and stress.

The Tai Chi Signature (Sunday, 9:00 to 10:10)

Instruction: DR. JONATHAN B. WALKER (www.qissagebodysystems.org)

Description: The Tai Chi choreography (forms) are a physical performance that can be learned by anyone who spends time and practice in the physical acclimation and coordination of the human anatomical structure. But the physical acquisition of, "Tai Chi does not make!" So what does make Tai Chi? It's the integration of mind, body and spirit (and we've all heard that before). So how is that done? Let's take only one aspect. "The Mind," In this discipline, it is said that our mind is divided into 2 parts, the "Hsin Mind" and the "Yin Mind." These equate to the active (hsin) and passive (yin) mind states or the conscious and subconscious minds. In this workshop, we will explore both mind states and discover how to acquire the preferred "Yin" or subconscious state of mind that allows us to access the holistic benefits from performing the Tai Chi choreography.

Master Jou'S Third Style (Sunday, 10:20 to 11:30)

Instruction: DR. JAY DUNBAR & KATHLEEN CUSICK (www.magictortoise.com)

Description: In the early 1980's, Master Jou was concentrating on Chen and Yang styles, reserving the Wu Yuxiang (Wu/Hao) style "for his old age." Jay learned it from him in private lessons, and was the last student to whom he taught the style. Wu/Hao is the third style pictured in The Dao of Taijiquan. Although well-known in parts of China, it is rare in the rest of the world. It is understated, tranquil, and meditative, with small steps and subtle movements that disappear into formlessness. It fosters "mind method:" internal focus and awareness through a concentration on opening and closing (kai, he). In this workshop, let's see how much can be contained in a very small space. As Master Jou once said when he insisted three or four of us join him in the back seat of a car, "I can be very small!"

Self Preparation for Healing and Energy Work (Sunday, 10:20 to 11:30)

Instruction: GEORGE HOFFMAN (www.silverdragontaichi.com)

Description: We'll use the One Finger Zen and Shen Gong Standing exercises to improve how we center and focus in preparation for healing, energy work or just working with our Taiji and Qigong for our own benefit. These two exercises are easy to learn and you can add one or both of them to your repertoire of preparation and centering routines. You'll appreciate how quickly these exercises will help you focus your body, mind and spirit.

Flowing Water Tai Chi Single Fan (Sunday, 10:20 - 11:30)

Instruction: MASTER JIANYE JIANG, Albany, NY (www.jiangtaichi.com)

Description: This single fan form was created by Grandmaster Jianye Jiang. It combines Tai Chi movements with special fan techniques. The movements are very simple and easy to learn; It's great for beginners and seniors. It helps balance, the flow of energy, and joint rotation. **(Please bring your own fan to this workshop).**

Taiji Qigong in 18 Figures (Sunday, 10:20 to 11:30)

Instruction: DAVID RITCHIE, Meriden CT (www.centralconnecticuttaichi.com)

Description: Taiji Qigong in 18 Figures was developed by Master Lin Hou Sheng in 1982. In this workshop, Shifu Ritchie will teach you this "easy to learn" qigong set which is very effective for maintaining health and aiding in the healing of illnesses. These exercises can be practiced as one routine or specific exercises from the routine can be practiced for certain medical needs. Come learn this handy qigong that can be added to anyone's self-cultivation tool set. All levels welcome.

Tai Chi For Self Defense (Sunday, 11:40 to 12:50)

Instruction: DAVID CHANDLER, Waterford, CT (www.eaglesquesttaichi.com)

Description: Tai Chi Chuan is a soft style martial art system designed to utilize the least amount of force in order to overcome a larger and more powerful opponent. The main tenet of Tai Chi for self-defense is that "Four ounces can deflect a thousand pounds." The accomplishment of safety for oneself and others should not require great strength. In this workshop Master David Chandler will share some of the secrets of Tai Chi that can be used by anyone, large or small, young or old, to increase their viability in difficult situations. This workshop is for anyone who wishes to know how to keep themselves safe in these difficult times. There will be many simple techniques, strategies and easily applied movements that will be taught and can be utilized by anyone for self-protection. This will be a fun workshop and does not require previous Tai Chi experience. All ages are welcome. Come play while you learn Tai Chi for self-defense.

Principles Of The Spine And Pelvis In Tai-Chi Forms (Sunday, 11:40 to 12:50)

Instruction: BOB & JEAN KLEIN, Sound Beach, NY (www.movementsofmagic.com)

Description: How to develop fluidity within the spine and pelvis. You will learn "The play between the tiger and dragon", ie, the patterns of rotation in the spine and pelvis which then emanate out into the arms and legs. This makes the top of the body "float" and the bottom dynamically grounded. We will learn the "art of releasing energy into heaven and earth."

Tai Chi - Details, Details, Details (Sunday, 11:40 to 12:50)

Instruction: JOHN LOUPOS (www.jfkungfu.com)

Description: Join in with John Loupos to explore how a better understanding of the all-important details around substantiality and insubstantiality (important regardless of style) can help you improve your Tai Chi.

Crossing The Great River & Dissolving Energy Palm (Sunday, 11:40 to 12:50)

Instruction: DR. JOHN PAINTER

Description: Learn the true meaning of power in reserve for Taijiquan, Xingyiquan and Baguazhang internal systems and how to develop the Hua-Jin Zhang / dissolving palm, a method of neutralizing punches, hooks and roundhouse punches from seasoned fighters, boxers and other martial arts. Dissolving palm can be found in Taijiquan and all other internal martial arts. It is cloud soft but very effective against even the fastest strongest strikes. These two methods taken together should open new avenues of exploration for all internal martial art students interested in the applications of their systems within the prevue of the classic writings of the founders. Dr. John Painter presents two programs in one that is open to all students of any level. Even if you practice your art only for health this information will help you understand the correct postures and actions hidden in your forms.

Taoist's Cultivation of Body-Mind – 4 Tiers of Advancement (Sunday, 2:30 to 3:40)

Instruction: PROFESSOR CHANG-SHIN JIH (www.taijiquanenthusiasts.org)

Description: Taoist practices are aimed to maximize the potentiality of human body-mind. Their cultivation of body-mind are divided into four consecutive stages: first, building up physical strength (ti-nen) through exercises and diet; second, transforming physical strength into “chi-nen” (bio-energy); third, elevating “chi-nen” (bio-energy) into the zhi-nen (“energy of intellect), and sheng-nen” (energy of spirituality), and then, the last stage, is to sublime zhi-nen & sheng-nen into the energy of “le-nen” (energy of creation). In this workshop, participants will learn physical exercises, meditative techniques and spiritual rituals which have been used by Taoist hermits to live out their highest potentiality as human beings.

Tai Chi & I Ching - Inform Each Other (Sunday, 2:30 to 3:40)

Instruction: SUSANNA T. DE ROSA, Princeton, NJ (innerspace.taiji@verizon.net)

Description: This workshop will introduce ways of exploring the I Ching and its impact on daily Tai Chi play.

Master Jou's Taiji Theory (Sunday, 2:30 to 3:40)

Instruction: RICHARD GREENE, South Orange, NJ & Clermont, FL

Description: Come and explore Master Jou's theory of the path to truly understanding Tai Chi philosophy and practice as set forth in his introduction to the last edition (May 1998) to his world renowned book The Dao of Taijiquan.

Six Healing Sounds (Sunday, 2:30 to 3:40)

Instruction: RICH MARANTZ, Manchester, VT (www.greenmountaintaichi.com)

Description: The six healing sounds are based on the 5 element theory. With the use of specific sounds, mind intent, and physical movement the practitioner can release from the organs stored unwanted negative energies and cultivate desirable positive energies. This workshop will include both theory and practice.

3 Keys to Maximize the Power of Taijiquan (Sunday, 3:50 to 5:00)

Instruction: PROFESSOR CHANG-SHIN JIH (www.taijiquanenthusiasts.org)

Description: Dantian breathing, coiling silk movement, and emptiness of conscious mind are three keys to the empowerment of Taijiquan. Participant will learn how to sink the chi to the dantian or even one step further to the yongquan (bubbling-well). Participant will also practice how to integrate Coiling Silk movement into the sequence of any form of taichiquan. By combining both elements above, the individual taichi posture is no long standing alone, but rather flowing

into each other like the waterfall with unbroken continuity and tremendous power. At the end of workshop, participant will also practice how to let go the intention of controlling, and emptying the conscious mind, so that they are able to read the intention and body-mind condition of their partners in the combative situation, or even able to absorb the energy gracefully from their playmates.

Master Jou's Esoteric Practices (Sunday, 3:50 to 5:00)

Instruction: BRUCE LA CARRUBBA, BEE LEE PILEGGI, and JENNIFER STEFFENER

Description: Come and learn some of Master Jou's more esoteric practices which he shared one-on-one with some of his senior students, including Bruce La Carrubba, Bee Lee Pileggi, and Jennifer Steffener. These practices include the theory and practice of utilizing pre-birth Dantian breathing to connect the external to the internal in the body through 6 energetic terminals. eg. teeth(external terminus) bridging the energetic path to the bones(internal terminus). This is a wonderful healing practice to add to your daily routine.

Tai Chi, Qigong, and Pain Relief (Sunday, 3:50 to 5:00)

Instruction: DR. CJ RHOADS (www.taijiquanenthusiasts.org)

Description: Those of us who have been practicing Tai Chi or Qigong daily know how well it works as a pain reliever especially for chronic pain. Research also points to evidence that it is also effective as a preventative for a myriad of physical ailments including heart failure, cardiopulmonary respiratory disease, diabetes, shingles, digestive disorders, Parkinson's disease, many types of cancer, arthritis and autoimmune disorders. But HOW? What is the actual mechanism that enables Tai Chi and Qigong to work? Physicians prescribed aspirin for headaches decades before science figured out exactly how it works (which wasn't until the seventies), but they are much less likely to encourage their patients to try Tai Chi until scientists have figured out how it works. Oddly enough, the science into health also reveals some of the "secrets" in why Taijiquan works better than external martial arts in a physical altercation.

*Come celebrate **Master Jou, Tsung Hwa's Centennial Birthday Celebration & Tai Chi Festival** with us and enjoy an unforgettable and life-enhancing weekend.*



Grandmaster Jou, Tsung Hwa demonstrating at the Zhang San Feng Festival, Tai Chi Farm 1996