

SAT

Willow Gate Lawn
Tent

Dragon Hill

Push Hands Area

Bagua Garden

8:00 - 9:00

----- **Check-In * Registration * Breakfast** -----

9:00 - 10:10

JAMES MARTIN

Chi-Lel Qigong
[Part 1]

BRUCE LA CARRUBBA

Inner Smile / Cell and
Organ Cleansing Qigong

**DR. JONATHON B.
WALKER**

Push Hands: Moving at
the Speed of Life

DAVID RITCHIE

Expanding Your Qi
Awareness



10:20 - 11:30

JOHN LOUPOS

Somatics Movements for
Smarter Tai Chi
(bring a mat or towel)

GEORGE HOFFMAN

Taiji Ruler Qigong

BOB & JEAN KLEIN

Traditional Push Hands

**DR. JAY DUNBAR &
KATHLEEN CUSICK**

San Shou: Traditional
88-Move Duet

11:40 - 12:50

MASTER JIANYE JIANG

Chinese Yoga with
Healing Qi

BOB & JEAN KLEIN

Tai-Chi Self Defense
Principles

GAR WANG

Qigong to Calm the Monkey
Brain & Reduce Stress

DR. JOHN PAINTER

Nine Palace Dragon
Dancing

*"Make a Little
Progress Everyday"*

----- **Lunch * Demonstrations** -----

2:30 - 3:40

DAVID CHANDLER

Chan Ssu Chin

RON GEE

Standing Meditation /
Stationary Qigong

STEPHEN WATSON

Developing Push Hands
Games (and Yourself)

RICHARD GREENE

Master Jou's Chen II Form
(Paochui)

3:50 - 5:00

MEI JIN LU

The Tai Chi Stick

MASTER JIANYE JIANG

Yin-Yang Medical Qigong

DAVID CHANDLER

Sun 10 Short Form

RICH MARANTZ

Swimming Dragon
Qigong / Tapping

5:10 - 6:20

MASTER JIANYE JIANG

3 Important Keys of
Tai Chi Principle

**DR. JAY DUNBAR &
KATHLEEN CUSICK**

Master Jou's Master Key
To Taijiquan

RON GEE

Calligraphy For Beginners

JENNIFER STEFFENER

The Five Elements Free
Flow



6:20

----- **Dinner * Memories of Master Jou** -----

SUN

Willow Gate Lawn
Tent

Dragon Hill

Push Hands Area

Bagua Garden

8:00 - 9:00

----- Check-In * Registration * Breakfast -----

9:00 - 10:10

JAMES MARTIN

Chi-Lel Qigong
[Part 2]

**BRUCE LA CARRUBBA
& BEE LEE PILEGGI**

Master Jou's Taiji /
Qigong Principles

**DR. JONATHON B.
WALKER**

The Tai Chi Signature

JENNIFER STEFFENER

The Art of Self-Massage

10:20 - 11:30

MASTER JIANYE JIANG

Flowing Water Tai Chi
Single Fan
(bring your own fan)

DAVID RITCHIE

Taiji Qigong in 18 Figures

GEORGE HOFFMAN

Self Preparation for
Healing & Energy Work

**DR. JAY DUNBAR &
KATHLEEN CUSICK**

Master Jou'S Third Style

11:40 - 12:50

DAVID CHANDLER

Tai Chi For Self Defense

JOHN LOUPOS

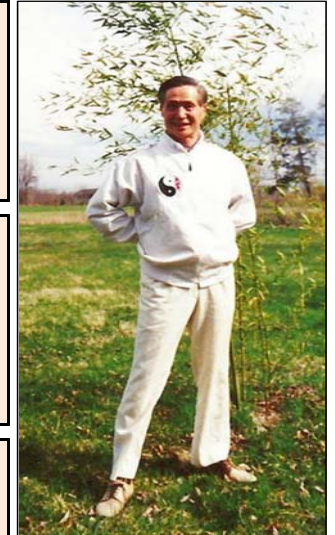
Tai Chi – Details, Details,
Details

BOB & JEAN KLEIN

Principles of the Spine &
Pelvis in Tai-Chi Forms

DR. JOHN PAINTER

Crossing The Great River
& Dissolving Energy Palm



*"Nothing Serious ...
a Little Smile"*

----- Lunch * Demonstrations -----

2:30 - 3:40

**PROFESSOR
CHANG-SHIN JIH**

Taoist's Cultivation of Body-
Mind: 4 Tiers

SUSANNA DE ROSA

Tai Chi & I Ching -
Inform Each Other

RICHARD GREENE

Master Jou's Taiji Theory

RICH MARANTZ

Six Healing Sounds

3:50 - 5:00

**PROFESSOR
CHANG-SHIN JIH**

3 Keys to Maximize the
Power of Taijiquan

**BRUCE LA CARRUBBA,
BEE LEE PILEGGI, &
JENNIFER STEFFENER**

Master Jou's Esoteric
Practices

DR. CJ RHOADS

Tai Chi, Qigong, and
Pain Relief



*"Do Your Best ...
Don't Overdo"*

Thank you for joining us for an unforgettable and life-enhancing weekend