

Event Schedule Summary

Friday, September 8, 2017

Day and Time	Beach or Bayside Boardwalk	Conference Center or Bayside Field 1	SA LR or Bayside Field 2	HF Front Room or Bayside Field 3
Fri 6:15 - 7:15 AM	SPT: Sunrise Qigong, Laoshi Luke Jih			
Fri 7:30 - 8:20 AM	Breakfast			
Fri 9:30 - 9:45 AM		ACD: Qi YINtegration, Michelle Greenwell	ACD: Entrepreneurship in China, ChunLi Ni	ACD: Study of Tai Chi Method, Laoshi Richard Clear
Fri 10:00 - 10:15 AM		ACD: Healing the Knees, Laoshi Jay Dunbar	ACD: Essence Cleansing, Dr. Kevin Siddons	ACD: Always Be Practicing, Chet Zeiger
Fri 10:30 - 10:45 AM		ACD: Old Yang as Tantra, Laoshi Stephen Higgins	ACD: Taijiquan Biomechanics, Laoshi Ramsey Yunan	ACD: SMILE, Lucy Bartimole
Fri 11:00 - 11:15 AM		ACD: Increasing VO2 Max, Laoshi John Painter		ACD: Wellness Study, Lucy Bartimole
Fri 11:15 - 11:30 AM		ACD: New Methods of Pain Relief, Dr. Marc Mathys		ACD: Falls In the Elderly, Lucy Bartimole
Fri 11:45 - 12:00 Noon	Welcome to the Symposium			
Fri 12:00 - 12:15 PM		ACD: Expanding Throughout World, Laoshi Bill Douglas		
Fri 12:15 - 1:15 PM	Lunch and Demos			
Fri 1:15 - 1:45 PM		ACD: Elixir of Longevity, Laoshi Roger Jahnke		
Fri 1:45 - 2:00 PM	Rearrange CC			
Fri 2 - 3:20 PM		SDC: Hidden Treasures, Laoshi Ramsey Yunan	SPT: Bio-Clock Meditation, Laoshi Jingshan Tang	PHA: Internal Push Hands for Internal Power, Laoshi Richard Clear
Fri 3:30 - 4:50 PM		SDC: M, M, M, & MA, Laoshi Stephen Watson	FRM: Five Animal Frolics, Dr. Kevin Siddons	HLT: 24 Posture Qigong (origin: Wang Ziping), Laoshi George Picard
Fri 5:15 - 5:40 PM	Introductions & Demos			
Fri 5:30 - 7 PM	Dinner			
Fri 7:10 - 7:45 PM	SPT: Sunset Qigong on the Bay, Laoshi Luke Jih	Rearrange CC		
Fri 8 - 9:30 PM		SPT: Labyrinth Walk, Laoshi Stephen Watson		PHA: Push Hands, Laoshi Ramsey Yunan
Fri 9:45 - 10:15 PM	Rearrange CC			

Health topics are Light Green

Forms are Light Lavender

Push Hands are Lavender

Self Defense or Competition are Green

Weapons/Balls/Fans are Tan

Academic are Light Blue

Meditative/Spiritual are Blue

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Several activities are free and open to the public, but registration is required.

9/4/2017

Event Schedule Summary

Saturday, September 9, 2017

Day and Time	Beach or Bayside Boardwalk	Conference Center or Bayside Field 1	SA LR or Bayside Field 2	HF Front Room or Bayside Field 3
Sat 6:15 - 7:15 AM	SPT: Sunrise Qigong, Laoshi Luke Jih			
Sat 7:30 - 8:20 AM	Breakfast			
Sat 9 - 9:50 AM		HLT: The Art of Self-Massage, Laoshi Jennifer Steffener	HLT: Silk Reeling: fundamental exercises, Laoshi Steven Arbitman	
Sat 10 - 10:50 AM		ACD: Serving individuals with Cancer, Laoshi Penny Klein	HLT: Wudang Qigong, Laoshi Paul Ramos	SDC: Martial Roots of Tai Chi, Laoshi Wang, Rengang
Sat 10:15 - 10:30 PM	Rearrange CC			
Sat 11 - 11:50 AM		FRM: Getting Tai Chi's Finer Details, Laoshi John Loupos	HLT: Taoist Body-Mind: 4 Tiers, Laoshi Luke Jih	ACD: Build a Rewarding IH Practice, Laoshi CJ Rhoads
Sat 12 - 2:00 PM	Lunch and Demos			
Sat 2 - 3:20 PM		HLT: Mastering Bodily Intelligence to Improve Tai Chi, Laoshi John Loupos	SDC: What Does TC have to do w/ Health & Self Defense, Laoshi John C. J. Chen	PHA: Neutralization Exercises for Push Hands, Laoshi William Phillips
Sat 3:30 - 4:50 PM		HLT: Tapping into Natural Health- Energy Medicine, Laoshi Siobhan Hutchinson	SPT: The field effect of Tai Chi for Healing, Laoshi Richard Clear	SDC: Internal Connection, Laoshi Harry Legg
Sat 4:50 - 5:15 PM	Rearrange CC			
Sat 5:15 - 5:30 PM	Introductions & Demos			
Sat 5:30 - 6:30 PM	Symposium Banquet Dinner			
Sat 6:30 - 7:10 PM		ACD: Tai Chi and Cancer Care Film and Talkback Session, Laoshi Penny Klein		
Sat 7:10 - 7:45 PM	SPT: Sunset Qigong on the Bay, Laoshi Luke Jih			
Sat 8 - 10 PM	Celebrating Integrative Health Networking Reception			

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Event Schedule Summary

Sunday, September 10, 2017

Day and Time	Beach or Bayside Boardwalk	Conference Center or Bayside Field 1	SA LR or Bayside Field 2	HF Front Room or Bayside Field 3
Sun 6:15 - 7:15 AM	SPT: Sunrise Qigong, Laoshi Luke Jih			
Sun 7:30 - 8:20 AM	Breakfast			
Sun 9 - 9:50 AM		HLT: Eight Trigram Qigong for Health and Wellness, Laoshi Erik Oliva	HLT: Pain Freeing Qigong, Laoshi CJ Rhoads	FRM: Numerology- What Does Your Name Mean?, Laoshi Siobhan Hutchinson
Sun 10 - 10:50 AM		PHA: Ting Jin - Presence and Perception Power, Laoshi Stephen Watson	FRM: Ta Lu, Laoshi Jill L. Basso	HLT: The 5 Elements – What's your Style?, Laoshi Siobhan Hutchinson
Sun 11 - 11:50 AM		SDC: Internal Self defense, Laoshi Paul Ramos	FRM: Fundamental Jing Training, Laoshi Ramsey Yunan	HLT: Eight Pieces of Brocade Qigong, Laoshi Tom Tague
Sun 12 - 2 PM	Lunch and Demos			
Sun 2 - 2:40 PM		SDC: Tai Chi Self Defense Techniques (made simple), Laoshi Richard Clear	HLT: The Moving Five Elements Set, Laoshi Jennifer Steffener	
Sun 2:40 - 3:00 pm	Closing Ceremony and Remembrances			
Sun 3:00 - 4:00 pm	Please help clean up			

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Meditative/Spiritual are Blue

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