

## Event Schedule Summary

### Friday, September 7, 2018

Day and Time	Conference Center or Bayside Field 1	Bayside Boardwalk or Beach	Zen Sushi Restaurant in Ship
Fri 5:30 - 6:50 PM	ALL: Potluck Dinner		
Fri 7:00 - 7:50 PM		HLT: Sunset Qigong on the Bay,	
Fri 8 - 8:10 PM	ACD: Vision of a Unified Integrative Health Network, Laoshi CJ Rhoads		
Fri 8:10 - 8:40 PM	ACD: Temple Style Training Methods for Tai Chi and Qigong, Laoshi Ramsey Yunan		
Fri 8:40 - 9:10 PM	ACD: A Chinese Medical Approach to Fibromyalgia and Chronic Fatigue Syndrome, Laoshi Chet Zeiger		

## Event Schedule Summary

### Saturday, September 8, 2018

Day and Time	Conference Center or Bayside Field 1	Bayside Boardwalk or Beach	Zen Sushi Restaurant in Ship
Sat 6:10 - 7:30 AM		HLT: Sunrise Qigong,	
Sat 8:00 - 8:50 AM	HLT: Tai Chi and the Essential Self, Laoshi Lucy Bartimole		
Sat 9:00 - 9:50 AM	HLT: Six Healing Sound Qi Gong, Laoshi Jingshan Tang		
Sat 10:00 - 10:50 AM	WEA: Mu Lan Fusion Fan, Laoshi Sandra Balint		
Sat 11:00 - 11:50 AM	SPT: The Body as Philosopher, Laoshi Stephen Watson		
Sat 1:00 - 1:50 PM	FRM: Chan Si Jin (Silk Reeling), Laoshi Violet Li		
Sat 2:00 - 2:50 PM	PHA: Neutralization Exercises for Push Hands, Laoshi William Phillips		
Sat 3:00 - 3:50 PM	FRM: The Bear Frolic from the Five Animal Frolics, Laoshi Kevin Siddons		
Sat 4:00 - 4:50 PM	WEA: Two Person Sets – Practicing Yang Style Applications, Laoshi Steven Arbitman		
Sat 5:30 - 6:50 PM	ALL: Catered Dinner		
Sat 7:00 - 8:20 PM		HLT: Sunset Qigong on the Bay,	
Sat 8:30 - ?	ALL: Informal Gathering		

Health topics are  
Light Green

Forms are  
Light Lavender

Push Hands are  
Lavender

Weapons/Fans/M  
tl Apps - Tan

Academic are  
Light Blue

Meditative/Spiritual  
are Blue

Planned Meals are Green  
(breakfast and lunch on your  
own)

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# Event Schedule Summary

## Sunday, September 9, 2018

Day and Time	Conference Center or Bayside Field 1	Bayside Boardwalk or Beach	Zen Sushi Restaurant in Ship
Sun 6:10 - 7:30 AM		HLT: Sunrise Qigong,	
Sun 8:00 - 8:50 AM	SPT: Taoist' Cultivation of Body/Mind/Spirit: 4 Tiers, Laoshi Luke Jih		
Sun 9:00 - 9:50 AM	FRM: Eight Pieces of Brocade Qigong, Laoshi Tom Tague		
Sun 10:00 - 10:50 AM	SPT: Nei Gong Meditation as Profound Addition to Tai Chi practice, Laoshi Bill Douglas		
Sun 11:00 - 12:30 AM	HLT: How to Use Your Yi for Healing, or Hurting, in the Internal Arts, Laoshi Loretta Wollering		
Sun 1:30 - 2:50 PM	SPT: Cha Dao: The Way Of Tea, Laoshi Ken Lo		
Sun 5:00 - 6:00 PM			ALL: HPL Institute Board Meeting - open to anyone

Health topics are  
Light Green

Forms are  
Light Lavender

Push Hands are  
Lavender

Weapons/Fans/M  
tl Apps - Tan

Academic are  
Light Blue

Meditative/Spiritual  
are Blue

Planned Meals are Green  
(breakfast and lunch on your  
own)