

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 7:10 - 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:The Body as Philosopher, Laoshi Stephen Watson		

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

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 7:30 - 8:00 AM		Breakfast	
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	ACD:A Chinese Medical Approach to Fibromyalgia and Chronic Fatigue Syndrome, Laoshi Chet Zeiger		
Sat 12:00 - 12:50 PM	Lunch		
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 5:15 - 5:30 pm		ALL:Symposium Group Picture	
Sat 5:30 - 6:30 PM	ALL:Catered Dinner		
Sat 6:30 - 7:00 pm	ALL:Tai Chi Demonstrations		
Sat 7:10 - 7:50 PM		HLT:Sunset Qigong on the Bay	
Sat 8:00 - ?	ALL:Informal Gathering		

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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 7:30 - 8:00 AM		Breakfast	
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 12:00 - 12:50 PM	Lunch		
Sun 1:00 - 1:15 pm		ALL:Symposium Group Picture	
Sun 1:30 - 2:50 PM	SPT:Cha Dao: The Way Of Tea, Laoshi Ken Lo		
Sun 2:50 - 3:15 PM		ALL:Closing Ceremonies & Thought Sharing, Laoshi CJ Rhoads	
Sun 5:00 - 6:00 PM			ALL:HPL Institute Board Meeting and Dinner - open to anyone, Laoshi CJ Rhoads

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Planned Meals are Green
(breakfast and lunch on your