

**Symposium for Integrative Health Tai Chi Retreat  
September 7, 8, 9, 2018  
Maris Stella Conference and Retreat Center  
Harvey Cedars, Long Beach Island, New Jersey  
Workshop Leader Bios and Workshop Descriptions**

### **Laoshi Steven Arbitman**

Steve Arbitman began his study of Tai Chi in 1968. Under Dr. Fred Wu, he learned a Yang style short form and began working on other elements of kung fu. For the last twenty years he has been a student at the Ba'z Tai Chi and Kung Fu studio in Philadelphia under Laoshi John Chen. In 2005 Laoshi John Chen awarded Mr. Arbitman permission to teach.



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#### **Two Person Sets – Practicing Yang Style Applications**

ARBIT\_PartnerWr

Working with a partner is a great way to practice your taiji. We will practice moves and applications from the Yang style form. Possibly including Wave Hands Like Clouds, Diagonal Flying, and Fair Lady Works the Shuttles, as time permits.

Date and Time **Sat 4:00 - 4:50 PM**

Track **Weapons**

Location: **Conference Center**

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### **Laoshi Sandra Balint**

Sandra Balint is a certified Tai Chi and Qi Gong instructor, a gold medalist in Fan, a writer on martial arts, a competition judge, a choreographer and workshop presenter. Tai Chi and Fan videos are on YouTube; articles are on Kung Fu Magazine's ezine.



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#### **Mu Lan Fusion Fan**

BAL\_Fan

Mu Lan Fusion Fan workshop: This is a double fan routine with 32 forms combining elements from Mu Lan Fan, Tai Chi Fan and Tai Chi disciplines. Its aim is to promote agility, flexibility, grace and a strong sense of well being.

Date and Time **Sat 10:00 - 10:50 AM**

Track **Weapons**

Location: **Conference Center**

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### **Laoshi Lucy Bartimole**

Lucy has been practicing martial arts for 30 years, teaching taiji for 18, and is the developer of Taiji For Balance: Levels 1-3™. She owns Shift, a mindful movement studio in Columbus, Ohio.



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#### **Tai Chi and the Essential Self**

BART\_Essential

Explore and understand your personal body of qi, through TCM and the healing movements of taiji.

Date and Time **Sat 8:00 - 8:50 AM**

Track **Taiji or Qigong for Health**

Location: **Conference Center**

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**Laoshi Bill Douglas**

Bill Douglas was the 2009 Inductee to the World Internal Arts Hall of Fame in New York, and is the Founder of World Tai Chi & Qigong Day, author of "The Tao of Tai Chi: The Making of a New Science"



**Nei Gong Meditation as Profound Addition to Tai Chi practice**

DOUG\_NeiGong

Nei Gong Energy Work, powerful foundation to deep elements of Qigong & Tai Chi practice. Offered by Bill Douglas, Founder of World Tai Chi Day, author of: "The Tao of Tai Chi: The Making of a New Science, "The Complete Idiot's Guide to Tai Chi & Qigong"

Date and Time **Sun 10:00 - 10:50 AM**

Track **Meditative/Spiritual  
Development**

Location: **Conference Center**

**Laoshi Luke Jih**

Dr. Chang-shin Jih, an assistant professor, specializes in the academic fields of "Rituals of Body, Mind & Healing in the World Religions," and "Inter-Cultural Approach of Philosophy of Religion." His book, "The Tao of Jesus – An Experiment of Inter-Traditional Dialogue," is an attempt to bridge the teachings of Taoism and Christianity. The monastic training of Taoist & Buddhist have granted him an advantage in delving deeply into the philosophy & mystic experiences of these two traditions. He also has more several decades of experience in teaching Tai-Qi-Quan, Qi-Gong, Hatha Yoga, Feng-Shui, and Vipassana Meditation.



**Taoist' Cultivation of Body/Mind/Spirit: 4 Tiers**

JIH\_Taoist

Taoist's Cultivation of Body-Mind – Training in the 4 Tiers of Advancement

Date and Time **Sun 8:00 - 8:50 AM**

Track **Meditative/Spiritual  
Development**

Location: **Conference Center**

**Laoshi Violet Li**

A 12th Gen. Chen Tai Chi Inheritor and an award-winning journalist on Tai Chi/Qigong, and a columnist of Chinese Martial Art Magazine and Kung Fu Tai Chi Magazine.



**Chan Si Jin (Silk Reeling)**

LI\_SilkReeling

Chan Si Jin or Silk Reeling is the fundamental of all Tai Chi and the core of Chen Style Tai Chi. Without proper Chan Si Jin training, one's Tai Chi chuan is empty.

Date and Time **Sat 1:00 - 1:50 PM**

Track **Forms**

Location: **Conference Center**

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### Laoshi Ken Lo

Sifu Ken Lo is the 6th Generation Head of Wu Mei Kung Fu worldwide. He is a Teamaster who practices Cha Dao Tea Ceremony, as a Chinese Calligrapher Painter-Poet, and is a Feng Shui Master consultant and Oracle.



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#### Cha Dao: The Way Of Tea

LO\_CHADAO

Tea is central to the traditional culture of China and the preparation and serving of exquisite, rare teas is an expression of art, refinement and taste. Experience the Ming Dynasty Tea Ceremony as practiced by the Literati-Scholar artists of China.

Date and Time **Sun 1:30 - 2:50 PM**

Track **Meditative/Spiritual  
Development**

Location: **Conference Center**

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### Laoshi William Phillips

William C. Phillips (Bill) is dan ranked in Ju Jitsu and Karate, started T'ai Chi in 1967 with Stan Israel, senior student of Professor Cheng Man Ch'ing and went on to study with Professor Cheng Man Ch'ing from 1970 until his passing in 1975. Was the most junior student in the Professor's school to be given teaching duties. Founded Patience T'ai Chi to spread Professor's T'ai Chi. Studied with Master Zhang Lu Ping for 10 years as well. Taught T'ai Chi at Kingsborough CC from 1987 to 1993 and again from 2010 to 2015. He has written many articles, and been a guest on several TV shows.



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#### Neutralization Exercises for Push Hands

PHIL\_Neutral

We will teach flexibility, sensitivity and neutralization exercises for push hands. The goal is to help the student develop an understanding and practice the elements of what it takes to be successful in push hands.

Date and Time **Sat 2:00 - 2:50 PM**

Track **Push Hands**

Location: **Conference Center**

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## Laoshi CJ Rhoads

Dr. CJ Rhoads has been studying Taijiquan for twenty years. Rhoads is one of the founding members of the Taijiquan Enthusiasts Organization, a worldwide virtual organization of health and martial artists. She is also the developer of Pacem In Vita, a leadership and self-development curriculum for children and adults based upon the principles of Taijiquan. In 2010 she was named Taijiquan Promoter of the Year and admitted to the Hall of Fame by the Fellowship of United Martial Artists in Philadelphia, PA. Dr. Rhoads holds several certifications to teach Taijiquan and is a professional member of the National Qigong Association. She was named the National Champion and Gold Medal winner in Female Push Hands in October 2009 in the International Chinese Martial Arts Tournament circuit.

Rhoads has firsthand experience regarding the transforming powers of the gentle art of Taiji. CJ was in a devastating car accident in 2002. In 2004 she was told by doctors in 2004 that she had gotten "as good as she was gonna get" – but was still in severe pain and could not work. Just a few years later, with the help of a team of doctors and pain management specialists, and through a combination of Taijiquan, Pilates, Massage, and Myofascial Release she was able to mitigate her injuries. She was not only able to return to work, but was able to exceed all expectations. In 2009 she was honored as one of Pennsylvania's Best 50 Women in Business, in 2011 she received the Athena Leadership award, and in 2013 was named one of most Influential Women in Lehigh Valley Business, and in 2014 was named Top Faculty Researcher of the Year. She continues a very full schedule as both CEO and Founder of HPL Consortium, Inc., and as Associate Professor at Kutztown University in the College of Business.



### Vision of a Unified Integrative Health Network

RHOAD\_Unified

Currently Tai Chi and Qigong and other integrative health practices are split up into silos that often compete for resources and recognition. Separately, we can accomplish nothing. But together, we can accomplish a great deal. Hear about the vision.

Date and Time **Fri 8 - 8:10 PM**

Track **Academic or Other**

Location: **Conference Center**

### Closing Ceremonies & Thought Sharing

Closing18

At the end of the Symposium, before everyone pitches in to help cleanup, we will have a short gathering where each person can share their thoughts about the weekend.

Date and Time **Sun 2:50 - 3:15 PM**

Track

Location: **Bayside Field 2**

### HPL Institute Board Meeting and Dinner - open to anyone

BoardMtg\_HPL18

HPL Institute, the parent company of both ASKLEPIOS and Taijiquan Enthusiasts Organization (hosts of the event) will hold it's annual general meeting and Board meeting at 5:00 pm. We will then have dinner at the restaurant.

Date and Time **Sun 5:00 - 6:00 PM**

Track

Location: **Zen Sushi Restaurant**

## Laoshi Kevin Siddons

Dr. Siddons is a Qigong practitioner and teacher. He has a doctorate in Health Education from Temple University, and he teaches Qigong meditation, relaxation techniques and stress management techniques. He has been training in Hun Yuan Qigong and Tai Chi.



### The Bear Frolic from the Five Animal Frolics

SIDD\_BearFrolic

The Bear Frolic from Wu Qin Xi (Five Animal Frolics) is Set of exercises that imitate the movements of the Bear for the purpose of fitness, longevity and prevention of sickness.

Date and Time **Sat 3:00 - 3:50 PM**

Track **Forms**

Location: **Conference Center**

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### **Laoshi Tom Tague**

Tom Tague is certified as a Qi Therapist, Reiki Master/Teacher, and Qigong-Tai Chi Instructor. He has extensive experience in private practice and at the Hunterdon Medical Center on not-for-profit basis.



#### **Eight Pieces of Brocade Qigong**

The Eight Pieces of Brocade is one of the most classic forms of Chinese qigong used as exercise.

Date and Time **Sun 9:00 - 9:50 AM**

Track **Forms**

Location: **Conference Center**

TAGU\_8pcBroc

### **Laoshi Jingshan Tang**

Jingshan Tang is president and founder of the Oriental Fitness Institute LLC. located in Philadelphia. He earned his master degree in Physical Education at AnHui Normal University China. He taught Sport History And Tai Chi and QiGong.



#### **Six Healing Sound Qi Gong**

The Six Healing Sound Qu Gong was found circa 250A.D. During Chin dynasty in China. It uses the sounds, breathing, movements and meditations to improve Qi circulation. It is a great form Qi Gong for new age people.

Date and Time **Sat 9:00 - 9:50 AM**

Track **Taiji or Qigong for Health**

Location: **Conference Center**

TANG\_SixHealing

### **Laoshi Stephen Watson**

Stephen Watson has immersed himself in Eastern philosophy for over 30 years. Taoism, the philosophical root of Taiji, is made clearer in a moment with Stephen than in poring over dozens of translations from the Classics. Stephen's martial training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough Why's you have Wise. He specializes in transmitting a profound understanding of why. Ask a question and he will show you that you already know why. There are no hidden treasures only closed eyes.



#### **The Body as Philosopher**

Where is the BodyMind located? How is it found? Remembered? This is a workshop of reunion. The body as guide to the mindspace. Philosophy found in flesh. Let's feel what it is we think.

Date and Time **Fri 8:40 - 9:10 PM**

Track **Academic or Other**

Location: **Conference Center**

WATS\_Philosopher

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### **Laoshi Loretta Wollering**

Author of "The Anatomy of Fitness: Tai Chi (2014)," now in several languages; several articles and book chapters, she was also the content editor of Jou Tsung Hwa's acclaimed "The Dao of Taijiquan (7th edition). Director of America's "Tai Chi Gala" event.



#### **How to Use Your Yi for Healing, or Hurting, in the Internal Arts**

WOLL\_YiHealing

This hands-on workshop reveals the simple, yet profound principle of Yi (intent) that Shifu Wollering calls the "Hannibal Lecter" principle. Experience how to turn your practice into either a martial art, healing art, or even something else...

Date and Time **Sun 11:00 - 12:30 AM** Track **Taiji or Qigong for Health** Location: **Conference Center**

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### **Laoshi Ramsey Yunan**

Sifu Ramsey Yunan has been training martial arts for over 40 years and teaching for the last 25. His styles include Yang Style Taijiquan, Baguazhang and Hsing-I Chuan as well as Kuntao, Silat, Cimande, Black Dragon, Mantis and Monkey Kung Fu. His teachers include Willem de Thouars, Don Ethan Miller, Bruce Walker, Waysun Liao, William C.C. Chen, Jou Tsung Hwa and Sydney Austin. He is a multi-time national push hands champion in several weight classes and now coaches for taiji competition. His current teaching focus is on Old-Hand Taiji and Kung Fu training methods.



#### **Temple Style Training Methods for Tai Chi and Qigong**

YUNTempleBasic

We will go over some of the most basic practices used to develop the primary internal skills such as balance, structure, movement and breath control.

Date and Time **Fri 8:10 - 8:40 PM** Track **Academic or Other** Location: **Conference Center**

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### **Laoshi Chet Zeiger**

2+ decades in qigong, baguazhang, taijichuan. Founder of QiBo Wellness, which teaches practical uses of qigong principles to health care professionals, corporations, and schools, emphasizing stress management, wellness and peak performance.



#### **A Chinese Medical Approach to Fibromyalgia and Chronic Fatigue Syndrome**

ZEIG\_ChineseApp

Presentation of a multifaceted program that originated in China based on qigong, herbal medicines and lifestyle changes that has been demonstrating remarkable success in treatment of these two autoimmune ailments..

Date and Time **Sat 11:00 - 11:50 AM** Track **Academic or Other** Location: **Conference Center**

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