

**Symposium for Integrative Health Tai Chi Retreat**  
**September 8, 9, 10, 2017**  
**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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#### **Silk Reeling: fundamental exercises**

ARBIT

Not commonly taught, these twisting exercises will increase flexibility, strengthen tendons and enhance your fa jing ability. For all levels, beginner through advanced.

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

Track **Taiji or Qigong for Health**

Location: **Bayside Field 2**

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### 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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#### **SMILE**

1SMILE

Stress Moderation Impacting Lupus with Exercise (S.M.I.L.E.): Effects of Daily Moderate Exercise and Stress Modification on Autoimmune-Mediated Inflammation in Mice and Humans with Lupus

Date and Time **Fri 10:30 - 10:45 AM**

Track **Academic or Other**

Location: **Bayside Field 3**

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#### **Wellness Study**

2WellnessStudy

Determine the impact of Workplace Wellness training for nursing staff on high acuity inpatient care units. Design: Pilot randomized trial. Setting: Three high acuity inpatient units in an academic medical center.

Date and Time **Fri 11:00 - 11:15 AM**

Track **Academic or Other**

Location: **Bayside Field 3**

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#### **Falls In the Elderly**

3TTTCurriculum

Taiji Train The Trainers Curriculum: Increasing The Work Force To Decrease Falls Inthe Elderly

Date and Time **Fri 11:15 - 11:30 AM**

Track **Academic or Other**

Location: **Bayside Field 3**

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### Laoshi Jill L. Basso

Sifu Jill L. Basso, MA, LMT has been a Tai Chi Instructor since 1995. She has studied primarily in NY with Master William C. Phillips and Patience Tai Chi and is a senior student of Master Phillips.



#### Ta Lu

Ta Lu: The Practice of the Four Corners

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

Track **Forms**

Location: **Bayside Field 2**

DaLu

### Laoshi John C. J. Chen

Sifu Chen is a Fourth Degree Black Belt of the Wu-Tang martial arts system originally founded in Taiwan. He is also a licensed acupuncturist, board certified by the NCCAOM, and a graduate of the Eastern School of Acupuncture and Traditional Medicine with training in TCM (Traditional Chinese Medicine) and acupuncture.



#### What Does Tai Chi have to do with Health and Self Defense

What Does Tai Chi have to do with Health and Self Defense

Date and Time **Sat 2 - 3:20 PM**

Track **Taiji for Self Defense or Competition**

Location: **Bayside Field 2**

CHENJO802

### Laoshi Richard Clear

Sigung (Master) Richard Clear is a 3rd generation lineage holder in Tai Chi from Lee Ying Arng who was a senior student under Yang Chen Fu. Tyrone Jackson – Dr. Fred Wu’s senior lineage disciple – was Sigung Clear’s first Tai Chi teacher. Master Clear studied directly with such famous masters as Ma Yeuh Liang, Wen Mei Yu, Dr. Fred Wu, Liu Ji Fa, Ju Bong Yi, Pei Xi Rong, Willem de Thouars and Don Ethan Miller among others. Master Clear began teaching Tai Chi in 1985 and has over 40 years of continuous study in Tai Chi, Martial Arts, and Chi Kung. He has a practical teaching method and knows both the healing and the martial side of Tai Chi and Chi Kung in depth.



#### Study of Tai Chi Method

Blood and Pain levels were monitored before and after Tai Chi sessions. Early results were promising despite the study being incomplete.

Date and Time **Fri 9:30 - 9:45 AM**

Track **Academic or Other**

Location: **Bayside Field 3**

RClearStudy

**Symposium for Integrative Health Tai Chi Retreat**  
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### Internal Push Hands for Internal Power

2CLEAR997

Internal Push Hands is a training method that teaches high level Tai Chi skills and will dramatically increase your internal power in a very short period of time. It is not tournament style push hands.

Date and Time **Fri 2 - 3:20 PM**

Track **Push Hands**

Location: **Bayside Field 3**

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### The field effect of Tai Chi for Healing

2Tchealing

In this presentation Sigung Clear will be demonstrating the field effect and explaining what is required to make it work.

Date and Time **Sat 3:30 - 4:50 PM**

Track **Meditative/Spiritual  
Development**

Location: **Bayside Field 2**

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### Tai Chi Self Defense Techniques (made simple)

3TCSDsimple

Tai Chi is a very effective self-defense method and many of the applications are hidden in plain sight. In this workshop Sifu Clear will focus on Tai Chi eye strikes and groin hits which can be found in most Tai Chi moves.

Date and Time **Sun 2 - 2:40 PM**

Track **Taiji for Self Defense or  
Competition**

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. Bill is the Founder of World Tai Chi & Qigong Day (WTCQD), held annually in 100s of cities in over 80 nations to educate the planet about the mounting medical research on Tai Chi and Qigong, and also to bring people together across racial, economic, ethnic, religious, and geo-political borders to provide an example to the world. The event's motto is "One World ... One Breath." WTCQD has been officially proclaimed by governors of 22 US states; by senates and legislatures, including the Senate of New York, California, and the National Congress of Brazil, and supported by embassies, consulates, and government agencies in many countries worldwide.



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### Expanding Throughout World

WTCD

Bill Douglas, father of World Tai Chi and Qigong Day and author of several books on Tai Chi will speak to us via Satellite to welcome everyone to the Symposium and the need to expand Tai Chi and Qigong throughout the world.

Date and Time **Fri 12:00 - 12:15 PM**

Track **Academic or Other**

Location: **Conference Center**

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## Laoshi Jay Dunbar

Dr. Jay Dunbar (Ph.D.) is the founder and director of the Magic Tortoise Taijiquan School, based in Chapel Hill NC. He began Taijiquan studies in 1975, and in 1978 he began a 20-year discipleship with Master Jou Tsung Hwa. In 2001 he established the Jou, Tsung Hwa Memorial Dantian Challenge and designed and produced the bronze medallions awarded to those who meet the challenge criteria. He has served as judge and referee in numerous tournaments, was technical editor of Tai Chi for Dummies (Hungry Minds, 2001), contributed the foreword to Exploring Tai Chi, by John Loupos (YMAA, 2003), an article on Five Element Fajin to the Addendum of the newest edition of The Dao of Taijiquan: Way to Rejuvenation, and has produced a DVD on the Eighteen Luohan Qigong. Dr. Jay's Ph.D. dissertation (Education, UNC-Chapel Hill, 1991), "Let A Hundred Flowers Bloom: A Profile of Taijiquan Instruction in America," can be viewed online at [www.magictortoise.com](http://www.magictortoise.com).



DUNBAR

### Healing the Knees

Healing the Knees and Keeping Them Safe in Taijiquan: Considerations of dynamic limit, plane of support, hip mobility, knee stability, and certain functional relationships must inform any approach to knee safety.

Date and Time **Fri 10:00 - 10:15 AM**

Track **Academic or Other**

Location: **Conference Center**

## Michelle Greenwell

Michelle Greenwell is a Tai Chi instructor from Cape Breton, Nova Scotia, Canada, who is passionate about assisting others with finding health, energy and vitality through Tai Chi. Teaching for over 3 decades in the health field, Michelle currently is finishing her Master's degree in Complementary and Alternative Medicine specializing in using Tai Chi movements to heal the body. She is the creator of the Qi YINtegration program combining basic movement programs, muscle testing and energy building techniques.



QIYIN

### Qi YINtegration

Qi YINtegration: Muscle Testing and movement Packaged together for optimum healing potential

Date and Time **Fri 9:30 - 9:45 AM**

Track **Academic or Other**

Location: **Conference Center**

## Laoshi Stephen Higgins

Steve Higgins has been a student of the martial arts for over 30 years, and a student of Taiji and Qigong for since 1986. He is the Chief Instructor at Cold Mountain Internal Arts, Kitchener, Canada. He is one of the founding members of the Taijiquan Enthusiasts Organization.



Tantra

### Old Yang as Tantra

An essay on Old Yang and its Taoist / Buddhist interface. Wu Kung Cho's essay is the core.

Date and Time **Fri 10:30 - 10:45 AM**

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## Laoshi Siobhan Hutchinson

Siobhan created Next Step Strategies to educate and encourage individuals to discover their body's natural healing ability. Along with a Master's Degree in Holistic Health, Siobhan is an accredited T'ai Chi Chih®, Sejjaku, Guigen Qigong, Reiki Master/Teacher, Medicinal Aromatherapist, and Certified Clinical Eden Energy Medicine Practitioner. The United Fellowship of Martial Artists awarded her Holistic Healing Artist & Qigong Master. She has studied in China and continues her studies with a variety of holistic practitioners. Her passion is stress relief and walking in serenity.



### Entering the Cosmic Rhythm with T'ai Chi Chih®

TCCHUH

Tai Chi Chih: Joy thru Movement is a profound practice that revs up the Chi quickly. Deceptively simple qigong-like movements teach us the art of letting go.

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

Track **Forms**

Location: **Conference Center**

### Tapping into Natural Health- Energy Medicine

TAPNA

Energy Medicine is a fun, affordable, natural way to tap into your body's natural healing ability using Meridians, Acupuncture pts, & other energy systems referenced in TCM. We will be tapping, tracing, gently moving, and learning about the Next Frontier.

Date and Time **Sat 3:30 - 4:50 PM**

Track **Taiji or Qigong for Health**

Location: **Conference Center**

### Numerology- What Does Your Name Mean?

Numerology

Numerology is an ancient practice crossing many cultures and continues to amuse as well as astound folks today. What is the secret behind your name, nickname, friends and family names, and does your house number affect your peace?

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

Track **Forms**

Location: **Bayside Field 3**

### The 5 Elements – What's your Style?

SELMENT

This is a fascinating exploration of your "type" - it includes personality traits, stress triggers, potential ailments, preventative measures, etc. It is fun learning which one you might be and others in your life.

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

Track **Taiji or Qigong for Health**

Location: **Bayside Field 3**

## Laoshi Roger Jahnke

Dr. Roger Jahnke, O.M.D., has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and Tai Chi, Santa Barbara, California; and a cofounder and recent chairperson of the board of the National Qigong Association.

With almost 30 years of clinical practice as a physician of acupuncture and Traditional Chinese Medicine and eight research tours to China, Dr. Jahnke has emerged as a key spokesperson for Tai Chi (Taiji) and Qigong (Chi Kung) and is a master teacher of these arts. He has studied hundreds of forms of Qigong with master teachers and visited numerous hospitals, institutes, training centers, temples, and sacred sites in China, focusing on the cultivation of Qi (Chi).



### Keynote: Golden Elixir of Longevity

Keynote

The 'HeartMind' - In ancient Shamanic and Chinese medicine, the bridge between the 'Body' and the 'Spirit' - the 'HeartMind' - is one of the three 'Glorious Treasures' of the Golden Elixir.

Date and Time **Fri 1:15 - 1:45 PM**

Track **Academic or Other**

Location: **Conference Center**

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**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.



**Sunrise Qigong**

SySunRise

For a glorious start to a wonderful day, join Isse Elston-Phillips for healing Qigong exercises on the beach while the sun rises from behind the ocean. Dress warmly!

Date and Time **Fri 6:15 - 7:15 AM** Track **Meditative/Spiritual Development** Location: **Maris Stella Beach or Ba**

**Sunset Qigong on the Bay**

SySUNSET

For a quiet meditative and reflective end to a wonderful day, join Luke Jih on the Bay Boardwalk for Qigong.

Date and Time **Fri 7:10 - 7:45 PM** Track **Meditative/Spiritual Development** Location: **Maris Stella Beach or Ba**

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**Taoist Body-Mind Training: 4 Tiers**

JHHLJ562

Taoist’s Cultivation of Body-Mind – 4 Tiers of Advancement

Date and Time **Sat 11 - 11:50 AM** Track **Taiji or Qigong for Health** Location: **Bayside Field 2**

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## Laoshi Penny Klein

Dr Klein, a physiotherapist, started martial arts in 1987, first studying karate then judo, where she holds a black belt and competed internationally. She has been studying and teaching tai chi/qigong for health promotion since 1999 and is also trained in Reiki. She is senior faculty at the Village of Healing and Wellness, St Catharines, Ontario, Canada and studies under Master George Picard. Her research on therapeutic applications of taiji/qigong has been published in leading medical journals. She is also an award winning videographer and has produced several DVD's featuring easy-to-follow exercises based on principles of qigong and tai chi for use in health care, community and school settings.



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### Serving individuals with Cancer

KLEIPE85

A "How To" on helping the growing population of cancer sufferers and survivors get or stay healthy.

Date and Time **Sat 10 - 10:50 AM** Track **Academic or Other** Location: **Conference Center**

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### Tai Chi and Cancer Care Film and Talkback Session

SYTCCC

need description

Date and Time **Sat 6:30 - 7:10 PM** Track **Academic or Other** Location: **Conference Center**

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## Laoshi Harry Legg

There's a good chance you've heard Harry - he's the voice of The NBC Sports Radio Network and he's on Radio/TV stations around the world. He is the owner of New Jersey Tai Chi and teaches Tai Chi Chuan and Qigong at Glen Rock Physical Therapy & Sports Rehabilitation, the Verona New Jersey Community Center, and to private students at his studio in Verona, NJ (a suburb of NYC). Harry has received his instructor certifications in Tai Chi, Qigong, Self Defense and Fa Kung Healing from Master Richard Clear.



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### Internal Connection

LEGGHA80

In this mini-workshop we will look at connecting and finding center as well as using sung to root for deeper and better connection. This all applies to your power, fighting and health.

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## Laoshi John Loupos

Sifu John Loupos has an extensive background in both external and internal Chinese martial arts. He began teaching external styles in 1968 and undertook to learn Tai Chi in 1974. His areas of specialization include Yang style Tai Chi Chuan and Liu He Ba Fa, as well as various meditation and qigong practices. John is also a Certified Hanna Somatic Educator. He has written several books on Tai Chi Ch'uan and Somatics along with other assorted learning media. John has been a popular presenter at both Tai Chi and Somatics venues and has been widely published in magazines and trade journals. His most recent book was "The Sustainable You - Somatics & the Myth of Aging.



### Getting Tai Chi's Finer Details

TCFiner

Sifu John Loupos will guide workshop participants with the goal of sensing and organizing your body so that your own inner Tai Chi master can begin to emerge.

Date and Time **Sat 11 - 11:50 AM**

Track **Forms**

Location: **Conference Center**

### Mastering Bodily Intelligence to Improve Tai Chi

LOUPOJ804

Somatic movement patterns are uniquely suited to help Tai Chi'ers improve their neuromuscular intelligence and proprioceptive literacy. Bring a yoga type mat or a towel.

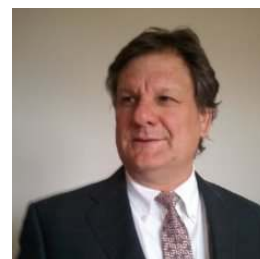
Date and Time **Sat 2 - 3:20 PM**

Track **Taiji or Qigong for Health**

Location: **Conference Center**

## Dr. Marc Mathys

Marc is an engineer, a lawyer, and studied management at Harvard. He has spent most of his career in venture capital and advising small and large companies and legal, business and management issues. He has started, owned, managed and been on the board of numerous start-up and advanced stage companies.



### New Methods of Pain Relief

PainReliefMthds

TBA

Date and Time **Fri 11:15 – 11:30 AM**

Track **Academic or Other**

Location: **Conference Center**

## ChunLi Ni, Dalian Polytechnic University China

Chunli "Lily" Ni is a doctoral student at Dalian Polytechnic University in China. Lily is an English lecturer of School of International Education, Dalian Polytechnic University in P. R. China and a visiting scholar of George Mason University in Washington DC. Her research fields are university entrepreneurship education and Inter-cultural communication. She has a Bachelor of Art degree in English Education from Shenyang Normal University, and a Master of Arts in English Language and Literature from Dalian University of Foreign Languages.



### Entrepreneurship in China

ENTRE\_CHINA

An Analysis on University Entrepreneurship Education in China with the Initiative of the Belt and Road

Date and Time **Fri 9:30 - 9:45 AM**

Track **Academic or Other**

Location: **Bayside Field 2**



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### **ChunLi Ni, Dalian Polytechnic University China**

Chunli "Lily" Ni is a doctoral student at Dalian Polytechnic University in China. Lily is an English lecturer of School of International Education, Dalian Polytechnic University in P. R. China and a visiting scholar of George Mason University in Washington DC. Her research fields are university entrepreneurship education and Inter-cultural communication. She has a Bachelor of Art degree in English Education from Shenyang Normal University, and a Master of Arts in English Language and Literature from Dalian University of Foreign Languages.



### **Laoshi Erik Oliva**

Erik Oliva shifu, a.k.a. Lin Ai Wei, has over 30 years of study and experience in Buddhist and Daoist philosophy, Meditation, Internal Arts, Esoteric cultivation and Qigong. He is a lay disciple of the Hua Shan sect of Quan Zhen Daoism (Complete Reality Dao), speaks fluent Mandarin Chinese and teaches his arts at the Great Nature Cultural Society in Milford PA. In 2014 he received national licensing under the Zhejiang Provincial Wushu Association for teaching Traditional Chinese Martial Arts, Taiji Quan and Wing Chun Kung Fu. Since 2001 he has been active in lecturing on Chinese culture, meditation, and Taiji Quan both in the U.S. and China at various educational institutes.



#### **Eight Trigram Qigong for Health and Wellness**

OLIVER158

Be ready for an easy to learn, full body and mind workout designed for strengthening, balance, Qi development, posture correction, focus, and deep Meditation.

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

Track **Taiji or Qigong for Health**

Location: **Conference Center**

### **Laoshi John Painter**

John Painter the head teacher of The Gompa began his training as a young boy in Chinese and internal martial and healing arts with master Li, Long-dao of Sichuan province. Dr. Painter has appeared in feature films and on many martial arts magazine covers. He is the author of hundreds of articles on Chinese medicine, healing principles and the internal martial arts. Dr. Painter has also been heavily involved in medical and scientific research involving the study of Qi, (Ch'i) life force energy, through work with the Life Sciences Qi Research Institute. He has received awards from NASA and other science organizations for his work.



IncreaseVO2

#### **Increasing VO2 Max**

The concept of increasing VO2 Max through Taiji and Bagua walking methods

Date and Time **Fri 11:00 - 11:15 AM**

Track **Academic or Other**

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.



PHILW1

#### Neutralization Exercises for Push Hands

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 - 3:20 PM**

Track **Push Hands**

Location: **Bayside Field 3**

### Laoshi George Picard

Sifu Picard is the founder of the Village of Healing and wellness St. Catharines Ontario Canada. He holds a 7th degree Black Belt in Okinawan Karate and is a 4th generation master in the WuYiJieHe family system under Grand Master Helen Wu. Sifu Picard has been teaching individuals with cancer and other chronic illnesses for 22 years. He has Certified instructors in Canada, United States and Europe. His preferred QiGong practice is 24 Posture Therapeutic QiGong developed by Grand Master Dr. Wang Zi Ping, Helen's Grandfather. He is an author, (Heal Yourself with QiGong), speaker and has produced a series of DVDs for home practice.



PICCGE950

#### 24 Posture Qigong (origin: Wang Ziping)

This 24-posture qigong (originating from Dr. Wang Ziping) is a modern derivative of ancient qigong exercise.

Date and Time **Fri 3:30 - 4:50 PM**

Track **Taiji or Qigong for Health**

Location: **Bayside Field 3**

### Laoshi Paul Ramos

Paul Ramos has practiced Kung Fu and Holistic Health for over 40 years, including more than 30 years teaching in the Silver Spring / Takoma Park area as Director and Chief Instructor of Wu Shen Tao Health & Martial Arts. During that time, Master Ramos has trained thousands of students in the health and martial arts, including several dozen US National Champions. He is known across the US for producing high caliber students and is frequently invited to serve as a judge at tournaments held around the world.

While pursuing his passion for the internal martial arts of Tai Chi, Bagua, and Xing Yi, Paul studied extensively in Shanghai, China. Master Ramos is a 19th generation disciple of the Wu Dang Long Men (Dragon's Gate) sect, also known as the Taoist Adepts. In 2010, after years of devoted study, he was honored to become the first American recognized by Wu Dang Long Men as a Master.



1Wudang

#### Wudang Qigong

We will explore and practice some of the theory, principles and methods of the Fundamental Wudang Qigong set as passed down from the traditional Wudang Dragon Gate sect.

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

Track **Taiji or Qigong for Health**

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2intSD

#### **Internal Self defense**

This seminar will examine basic theories, exercises, and methods for "using softness to overcome hardness" through methods derived from various Tai Chi Chuan styles.

**Date and Time Sun 11 - 11:50 AM**

Track **Taiji for Self Defense or Competition**

Location: **Conference Center**

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### **Laoshi Wang, Rengang**

Grandmaster Wang Rengang is the 5th generation Grandmaster of Hao-style Taiji Mei Hua Tanglang Quan under Hao Wei Zhi and the 2nd generation Grandmaster of Dachengquan under Wang Xuan Jie. He has studied Kung Fu for over 30 years and taught for more than 20. Grandmaster Wang Rengang moved to the US in 2000 from Liaoning, China and founded International Dachengdao Inc. the following year.



RENGWA518

#### **Martial Roots of Tai Chi**

t. Locked inside every tai chi form are martial applications, designed to put the tai chi energies and principles into context.

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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.



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### Economics of IH

EstimateEcon

This research project being conducted by Dr. Roger Jahnke and Dr. CJ Rhoads, will answer what the economic impact would be if integrative practices became part of the medical standard of care.

Date and Time **Fri 11:00 - 11:15 AM**

Track **Academic or Other**

Location: **Bayside Field 2**

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### Introductions & Demos

SponsorIntro

Date and Time **Fri 5:15 - 5:40 PM**

Track

Location: **Conference Center**

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### Build a Rewarding Integrative Healthcare Practice

1SylHTQBuildHP

Dr. CJ Rhoads will share the secrets of success for a consistent, strong client stream so that you can keep your business going and help more and more people.

Date and Time **Sat 11 - 11:50 AM**

Track **Academic or Other**

Location: **Bayside Field 3**

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### Introductions & Demos

SponsorIntro

Date and Time **Sat 5:15 - 5:30 PM**

Track

Location: **Conference Center**

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### Pain Freeing Qigong

2SylHTQ\_PnFree

Learn this simple Qigong that not only directly help chronic pain, but also provides a mnemonic to remember the pathway to becoming totally free of pain.

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

Track **Taiji or Qigong for Health**

Location: **Bayside Field 2**

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### Closing Ceremony and Remembrances

Closing

We are standing on the shoulders of giants. There have been many teachers who have come before us, influenced us, taught us, shared with us, loved us. During our closing ceremony we remember and honor them.

Date and Time **Sun 2:40 - 3:00 pm**

Track

Location: **Conference Center**

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**Symposium for Integrative Health Tai Chi Retreat**  
**September 8, 9, 10, 2017**  
**Maris Stella Conference and Retreat Center**  
**Harvey Cedars, Long Beach Island, New Jersey**  
**Workshop Leader Bios and Workshop Descriptions**

### **Laoshi Avi Schneier**

Avi is a head instructor of Tai Chi Chuan at Three Treasures, LLC for the forms developed by Cheng Man-Ching and Sun Lu-Tang. He specializes in push hands and self-defense skills. He is a student of Bill Phillips, and a many-time tournament champion in both form and push hands.



SyFRPH

#### **Push Hands**

Meet for friendly and fun push hands with fellow Tai Chi players.

Date and Time **Fri 8 - 9:30 PM**

Track **Push Hands**

Location: **Bayside Field 3**

### **Dr. Kevin Siddons**

Kevin Siddons, Ed.D.

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



1PREC\_CANON

#### **Essence Cleansing**

The Essence Cleansing Scripture (Xi Sui Jing) is the partner to the Muscle Changing Scripture (Yi Jin Jing).

A translated version of this scripture will be presented and Tranquil Meditation techniques derived from the teachings will be taught.

Date and Time **Fri 10:00 - 10:15 AM**

Track **Academic or Other**

Location: **Bayside Field 2**

#### **Five Animal Frolics**

2\_SANIMFLC

Wu Qin Xi (Five Animal Frolics) is an exercise imitating the movements of five animals for the purpose of fitness, longevity and prevention of sickness.

Date and Time **Fri 3:30 - 4:50 PM**

Track **Forms**

Location: **Bayside Field 2**

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## Laoshi Jennifer Steffener

Jennifer Steffener graduated from the Somerset School of Massage Therapy in 1996. She is a Licensed Massage Therapist and a member of the American Massage Therapy Association. She has advanced training in a variety of massage techniques and has been involved in the fitness and holistic services since 1990. She customizes her massage therapy sessions and uses a combination of Swedish, Neuromuscular Therapy, Myofascial, Sports and Stretching Techniques, Reflexology, Chinese Massage, Shiatsu, Manual Lymph Drainage, Consulting and After Care to uniquely fit the therapeutic needs of each client. Jennifer has over 21 years of therapeutic massage experience with a variety of clients of all ages and health concerns.

She is an accomplished Tai Chi instructor and a senior student of the late Grandmaster Jou, Tsung Hwa. Jennifer was so inspired by Master Jou, she moved to the Tai Chi Farm in Warwick, NY to study full time with him in Chen style tai chi. At his encouragement, she began teaching and assisting with classes and events in 1994. Jennifer is a Certified Tai Chi, Qi Gong, and Meditation Instructor. Her classes focus on the health, longevity, and prevention benefits of Tai Chi. Jennifer teaches Tai Chi as a life art and believes when you incorporate it's simple yet powerful principles into all aspects of your daily activities you can enhance the quality of your life.

Jennifer is an avid surfer and snowboarder and co-owns Coastline Adventures Surfing School, LLC. She is a Master level instructor and is certified by the National Surf Schools and Instructors Association. Jennifer has also contributed to the master level training curriculum. She specializes in teaching holistic minded surf and stand up paddleboarding camps to women utilizing tai chi principles. She enjoys educating and mentoring young students on healthy lifestyle choices; environmental awareness; community service; and self-awareness and development through surfing and stand up paddleboarding. Jennifer believes health is a positive state of creative self-expression, a feeling of joy, vitality and happiness and not merely an absence of "dis-ease". She feels our own bodies and minds hold the potential for being some of our greatest teachers. Her therapeutic approach supports our innate wisdom's understanding that prevention is more precious and wise than cure. Through her intuitive, open and mindful nature, Jennifer creates an environment of growth, healing, and community. She honors and encourages every student and client to recognize their unique qualities and special gifts. In a respectful and healing partnership with her clients and students, Jennifer provides wisdom, guidance, and nurturing healing energy towards their path to more a balanced, mindful and healthy lifestyle.



### The Art of Self-Massage

1\_SelfMassage

Join this workshop in the ancient art of self-care massage that can help heal, tone, and prevent illness.

Date and Time **Sat 9 - 9:50 AM** Track **Taiji or Qigong for Health** Location: **Conference Center**

### The Moving Five Elements Set

2\_SELEMENFF

Enjoy an easy-to-learn qi gong set that calms and nourishes your qi, meridians, and organs.

Date and Time **Sun 2 - 2:40 PM** Track **Taiji or Qigong for Health** Location: **Bayside Field 2**

## Laoshi Tom Tague

Tom Tague has studied locally with Master Irv Winn, Qigong for Healing, and Avalon Healing Arts. Tom has also studied with internationally acclaimed health teachers Dr Yang Yang, Dr. Roger Jahnke, and Kenneth S. Cohen at the Tai Chi for Health Institute.



### Eight Pieces of Brocade Qigong

EightPcBrocd

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

Date and Time **Sun 11 - 11:50 AM** Track **Taiji or Qigong for Health** Location: **Bayside Field 3**



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**Laoshi Jingshan Tang**

Jingshan Tang is president and founder of the Oriental Fitness Institute(OFI) LLC. located in Philadelphia. He earned his master degree in Physical Education at An Hui Normal University China where among the many disciplines he taught as a professor were Physical Education and Sport History, Gymnastic Theory and Practice as well as Tai Chi and Qi Gong. During the 1990s, he taught Tai Chi classes at the Philadelphia Performing Arts Charter School before opening his own OFI, An accomplished author of numerous teaching and training research papers, he was a noted speaker at Pre Olympic Scientific Conference in Dallas. Texas, where he presented this research on the “Qi Flow Timetable,” an examination of effect “time of day” has on the practice of Tai Chi and Qi Gong, and how best to optimize one’s practice according to time.



**Biological Clock Meditation**

TANGJ823

Jing's Meditation to adjust the Biological Clock. This workshop will cover detail information of practical method and theories about adjusting the Biological Clock to eliminate Jet Lag!

Date and Time **Fri 2 - 3:20 PM**

Track **Meditative/Spiritual Development**

Location: **Bayside Field 2**

**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.



**M, M, M, & MA**

WATSS768

Why Medicine, Massage, Movement, & Martial Arts Are The Same. Exploring Our Relationship to Balance, whatever Our Role. The shared ground among the Intelligent Observer, the Martial Artisan, the Graceful Dancer, and the Empathetic Healer is Imbalance.

Date and Time **Fri 3:30 - 4:50 PM**

Track **Taiji for Self Defense or Competition**

Location: **Conference Center**

**Labyrinth Walk**

Labyrinth

A Labyrinth is a floor design that has been used for thousands of years for meditative walking.

Date and Time **Fri 8 - 9:30 PM**

Track **Meditative/Spiritual Development**

Location: **Conference Center**

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### Ting Jin - Presence and Perception Power

TingJin

Let's discover, access, explore, and challenge our Kung Fu of Listening. Using a variety of internal skills drawn from Taoist, Vedic, & Buddhist insights, attendees will play with energetic cultivation, transformation, and utilization.

Date and Time **Sun 10 - 10:50 AM** Track **Push Hands** Location: **Conference Center**

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### Sunset Qigong at BayView

SySUNSETwat

As the final activity of the weekend, join us at Bay View Park for Qigong.

Date and Time **Sun 7:10 - 7:45 PM** Track **Meditative/Spiritual Development** Location: **Bay View Park Beach**

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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.



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### Taijiquan Biomechanics

Biomech

This paper provides an overview of structure and biomechanics in Tai Chi Chuan based on established engineering methods. Special attention will be given to understanding the "Double Weight Error"

Date and Time **Fri 10:30 - 10:45 AM** Track **Academic or Other** Location: **Bayside Field 2**

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### Hidden Treasures

YUNARA874

Discovering the internal training "gems" in everyday taiji and qigong.

Date and Time **Fri 2 - 3:20 PM** Track **Taiji for Self Defense or Competition** Location: **Conference Center**

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### Fundamental Jing Training

FdJing

A review of the basic Jings in Taijiquan and an investigation of the methods used to train them directly.

Date and Time **Sun 11 - 11:50 AM** Track **Forms** Location: **Bayside Field 2**

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**Chet Zeiger**

2+ decades in qigong, baguazhang, taijichuan. Educated in Physics and Mathematical Economics from Rutgers and Columbia University respectively. Worked in international business for years and only teaching informally. Used neijia principles and fighting arts to survive and thrive in difficult situations. Launching company to bring experience and skills to health care and business sectors, and schools.



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**Always Be Practicing**

AlwaysPractice

Always Be Practicing - for yourself and others

Date and Time **Fri 10:00 - 10:15 AM**

Track **Academic or Other**

Location: **Bayside Field 3**

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