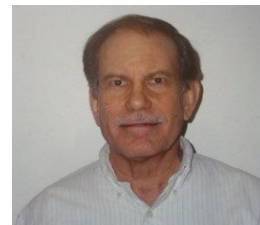


**Symposium for Integrative Health Tai Chi Retreat
September 8, 9, 10, 2017
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Workshop Descriptions**

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.



Two Person sets - one way to practice 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**

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.



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**

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.



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 Siobhan Hutchinson

Along with holding a Master's Degree in Holistic Health, Siobhan is an accredited T'ai Chi Chih®, Seijaku, Guigen Qigong, Reiki Master/Teacher, Medicinal Aromatherapist, and Certified Clinical Eden Energy Medicine Practitioner.



The Power of Softness: T'ai Chi Chih®

HUTCH_PwrOfSoft

T'ai 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 **Sun 11:00 - 11:50 AM**

Track **Taiji or Qigong for Health**

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 Body-Mind: 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**

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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**

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.



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 2:00 - 2:50 PM**

Track **Meditative/Spiritual
Development**

Location: **Conference Center**

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.



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 - 8:30 PM**

Track **Academic or Other**

Location: **Conference Center**

HPL Institute Board Meeting - open to anyone

BrdMtg_HPL18

HPL Institute, the parent company of both ASKLEPIOS and Taijiquan Enthusiasts Organization (hosts of the event) will hold its annual general meeting and Board meeting at 5:00 pm.

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 **Sat 11:00 - 11:50 AM** Track **Meditative/Spiritual Development** 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) i 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 1:00 - 1:50 PM** Track **Taiji or Qigong for Health** Location: **Conference Center**

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 **Fri 8:40 - 9:10 PM** Track **Academic or Other** Location: **Conference Center**
