

**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 Long 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.

Steve has been presenting at our events for many years, and also has been instrumental in connecting the Tai chi demos for the Cultural Celebration for Chinese New Year at the University of Pennsylvania Museum with the Complete Mind Body Spirit & Taijiquan Enthusiasts Organization Chinese New Year Dinner.

By trade Steve is a technologist, and has often provided expertise and help to the organizers on their websites.



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### **Silk Reeling: fundamental exercises**

ARBIT

Chen Xiaowang compared the actual physical activity of the reeling technique to the action of a towel that is wrung to squeeze out water. Several "wringing out" exercises (different from the slow circular motions usually taught) will be presented in this workshop. Attendees will learn new standing meditation postures as well as chan si gong specific stretching exercises.

**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 Bartimole

Lucy owns Shift, a mindful movement studio in Columbus, Ohio. She is the developer of Taiji For Balance: Levels 1-3™ and holds teacher trainings all over the country.

Taiji For Balance was designed for developing physical balance for those who are struggling with steadiness on their feet, but is currently being studied and taught to develop life balance in drug rehabilitation facilities, Support Groups for Cancer, Parkinson's, MS support groups, and Critical Care Nursing staffs.

Through The Ohio State University, she has been involved in several studies involving the benefits of mindful movement including Taiji for Fall Prevention; Taiji and Presenteeism and Critical Care Nursing; Stress Moderation Impacting Lupus with Exercise

Lucy has been practicing martial arts for 30 years and teaching tai chi for 18. She has a lifetime teaching certification from the Guang Ping Yang Tai Chi Association where she has served as Board President and board member for 14 years. She won the 2005 gold medal in the San Diego Grand National Championship for Guang Ping Yang Tai Chi. She is a registered yoga teacher (RYTE-200) as awarded by Yoga Alliance and a personal trainer.



### SMILE

1SMILE

Despite numerous studies indicating the positive effects of exercise and psychological stress reduction in autoimmune disease, these therapeutic modalities are currently underemphasized. To immunologically characterize disease pathology, the NZM2410 mouse model of lupus nephritis was either exercised daily at moderate intensity or exposed to psychosocial stress induction. Histopathological analysis demonstrated that stressors exacerbated and exercise significantly reduced lupus nephritis disease pathology, as measured by blood urea nitrogen levels, renal IgG and complement component 3 complex deposition, and pathological grading of H&E-stained kidney sections. Furthermore, stress induced levels of IL-6, TNF- $\alpha$ , and IL-1 $\beta$ , while exercise suppressed IL-6, TNF- $\alpha$ , IL-10, and CXCL1. To translate these results, a pilot cohort of active systemic lupus erythematosus (SLE) patients was enrolled into a daily Tai Chi program, which emphasized moderate exercise and meditative breathing. Questionnaires confirmed a significant reduction in perceived social stress and an increase in combined metabolic equivalent of task (MET) and overall physical activity. Furthermore, fitness activity tracker data showed a significant increase in steps, distance, and activity calories with no changes in body mass index or vigorous activity levels. Interestingly, this correlated with an increased time in bed each night on average for each SLE patient. Analysis of pro-inflammatory serum cytokine expression revealed suppression in the relative fold change of IL-6, IL-8, TNF- $\alpha$ , and IFN- $\gamma$  with Tai Chi. Collectively, our data suggests that moderate exercise and stress management can have potent immunoregulatory effects on the chronic, systemic inflammation associated with SLE and establish Tai Chi as a viable adjunct therapeutic intervention.

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

Track **Academic or Other**

Location: **Bayside Field 3**

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## Lucy Bartimole

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### Wellness Study

2WellnessStudy

Title: Tai Chi for Workplace Wellness: Pilot Feasibility Study

Corresponding Author: Dr. Mary Fristad, Corresponding Author's Institution: First Author: Mary Fristad Order of Authors: Mary Fristad; Beth Steinberg, MS, RN; Lucy Bartimole, BSC, CPT; Diane Habash, PhD, RD, LD

Abstract : Objectives: 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. Interventions : An 8-week Tai Chi group class focused on mindfulness, alignment and posture offered at the work site. Main Outcome Measures: Nursing staff's wellness and their ability to provide compassionate patient care: 19 subscales from 5 measures were compared: Professional Quality of Life, Caring Assessment for Caregivers, PROMIS-29, Nurse Collaboration Inventory, PROMIS Global Health Scale. Results : Fifteen participants enrolled in the study; intervention attendance was low. Nevertheless, improvement was noted from pre- to post-intervention. More subscales changed in the desired direction than expected by chance (15 versus 4, two-tailed sign test,  $p=.0192$ ) and 3 subscales showed significant improvement: The Caring Assessment for Caregivers Maintaining Beliefs subscale; fatigue; and sleep. Qualitative responses indicated participants feel considerable job stress; participation in the 8-session intervention was beneficial in stress reduction. Conclusions : A Workplace Wellness program designed to be easily accessible for nursing staff who work in a high-stress setting was underutilized; however, those who participated experienced significant benefit. Further exploration of how to increase uptake of available resources is warranted to improve worker health.

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

Falls in the elderly are common and a major, costly health problem. Taiji addresses many issues related to fall risk. Objectives: Determine whether intensive weekend training can sufficiently train persons who have baseline familiarity with Taiji to model and teach fundamentals of Taiji to the elderly. Prior to training, registrants received a manual, video and online links for review and practice. Assessments were completed pre/post training. Training occurred in four cities of one state. 34 adults completed training, two did not complete evaluations ( $n=12, 13, 4$  and  $5$  at the four sites). Each training course consisted of two 9-hour days that educated prospective instructors on issues pertinent to the elderly, evaluation techniques, warm-up and cool-down movements and seated and standing Taiji postures. Assessments included pre-/post knowledge test, Timed Up and Go and Functional Reach Assessment. Nearly all (30/32, 94%) participants demonstrated adequate skills post-training. Knowledge of Taiji increased significantly from pre- to post-training ( $p<.01$ ). Brief, intensive weekend training can increase the available workforce to train the elderly in fundamentals of Taiji for fall prevention.

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

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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. Jill L. Basso founded Hudson Valley Tai Chi in 1997 in upstate NY. She currently lives and teaches in Santa Fe, New Mexico. She is a 3-time gold medalist in push hands and the Yang Short Form. She has a love for teaching and blends her specialties as a Master Level Educator and Massage Therapist to her students. Jill teaches classes in Cheng Man Ching short form, push hands, sword form, leads local workshops, teaches children 5 and up and organizes the World Tai Chi Day events in Santa Fe.



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### Ta Lu

DaLu

Ta Lu is the practice of the energies of split, elbow stroke, shoulder stroke and pull down, found in many postures in the Yang form. These 4 gates represent the four corners or directions and the root of the original 13 postures. In this workshop, participants will learn the energies and movements of these postures, relevant tai chi principles, as well as a two-person exercise to practice the application of these postures.

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

**Track Forms**

**Location: Bayside Field 2**

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## 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.

While studying in China, John participated in intensive, hands-on internships with the foremost Chinese physicians of the well respected Tianjin University Hospital. With his unique background of Tai Chi, Qi Gong, and other styles of Wu-Tang Kung Fu, Sifu Chen combines these modalities with his understanding of TCM in order to create a more personalized 'body-mind-spirit' approach for his students.



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### **What Does TC have to do w/ Health & Self Defense**

CHENJ0802

In this workshop, John Chen will go into detail on how and why performing a martial art like Tai Chi or an energy exercise like Qigong is a healthful activity as well as enabling self defense.

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

Track **Taiji for Self Defense or Competition**

Location: **Bayside Field 2**

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## Laoshi Richard Clear

Sigung 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.

Sigung (Master) Richard Clear has studied Tai Chi and Chi Kung in the U.S. and in China. Master Clear Began his study of Tai Chi at a very young age after he was diagnosed with degenerative arthritis. He experiences no pain from the arthritis and is more supple than the average person half his age.

Master Clear is a 3rd generation lineage holder in Tai Chi from Lee Ying Arng who was a senior student under Yang Chen Fu. Master Clear began teaching Tai Chi in 1985 and has over 40 years of continuous study in Tai Chi, Martial Arts, Psychology, Philosophy, Alternative Medicine and Physiology. Master Clear’s Tai Chi has been featured in national magazines and on television. He has a practical teaching method rooted in the basics and knows both the healing and the martial side of Tai Chi and Chi Kung in depth. He holds a Masters Level (Si Gung) in Internal Kung Fu and is a senior instructor in several martial arts. Master Clear is known for the quality of his instruction and the sincerity with which he teaches his programs, always taking the extra time to work with those in need, in a dedicated effort to pass on the many benefits and rewards he has received from his lifelong study in this field.



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### Study of Tai Chi Method

©ClearStudy

Tai Chi has proven to be beneficial for a variety of conditions, and studies indicate it is a generally more beneficial practice than other forms of exercise based therapy. Many of the health benefits specific to Tai Chi are strongly related to the normalization of blood pressure. Theorizing that the pain management benefits of Tai Chi may be related to blood pressure and blood-oxygen levels, and this study sought in part to find if such a correlation existed. A group of twelve (12) Cancer Patients volunteered to participate in the program and their blood and pain levels were monitored. Data was collected on all variables before and after sixty (60) minute Tai Chi sessions. The study was to be conducted over twelve (12) sessions during a six (6) week period. Although early results were very promising and short term benefits were noted in all subjects, the study was cut short and only four (4) sessions were recorded. The data collected makes a strong case for further study, though the limited number of sessions and small sample size were not enough to show any statistically significant results ( $P < .10$ ).

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## Laoshi Richard Clear

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### Internal Push Hands for Internal Power

2CLEAR997

Sigung Clear will introduce “Internal Push Hands” to develop internal power & skill. When you practice Tai Chi internal energy methods correctly, the benefits are very profound.

This workshop will focus on how to train Tai Chi’s internal energy methods. Clear’s Internal Push Hands™ gives excellent feedback, and with the help of your internal push hands partner you will know if you are practicing correctly or what adjustments you need to make. Sifu Clear will teach how to do this step-by-step. This is not tournament push hands or “sumo” play!

The focus of this workshop is on internal energy development. Zhong Ding alignment for power, Sung, Peng, Ting and Rooting skill will be explained, and training methods for each will be taught. This will include how to train these skill sets when you practice your Tai Chi form. This workshop will also include how to use internal energy aspects to train the Tai Chi versions of Iron Palm, Iron Body and Dim Mak. This training is great for both health and self-defense.

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

The field effect generated by quality practice of Tai Chi has a healing effect on those close by and can be directed by a skilled practitioner.

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

In the practice of Tai Chi we first heal ourselves, then we make ourselves strong, then with proper practice we can heal others. The field effect generated by quality practice of Tai Chi has a healing effect on those close by and can be directed by a skilled practitioner.

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

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)

3TCSsimple

Tai Chi is a very effective self-defense method. In this workshop Sifu Clear will focus on Tai Chi eye strikes and groin hits. These moves will be trained safely and carefully in a professional environment with the health and safety of all workshop participants being the #1 priority.

Most of the eye and groin hit self-defense moves in Tai Chi are quite obvious and easy to do once they have been pointed out. These applications are for real street self-defense and are not appropriate for mma sporting events.

Most moves in the average Tai Chi form contain at least one or more eye and groin strikes. Many of the eye strikes and groin hitting applications in Tai Chi are hidden in plain sight. Once the practitioner has been exposed to these applications including how and why they work then they are easy to pick up in any other Tai Chi form and moves you might learn or work on in the future.

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.

Bill is also the author of a best-selling Tai Chi book, published worldwide in several languages, "The Complete Idiot's Guide to T'ai Chi & Qigong" (Penguin Books, 4th edition), and of "The Tao of Tai Chi: The Making of a New Science," which have been hailed by top Tai Chi masters and beginners alike. Bill is the Official Tai Chi Expert for renowned author/naturopath Dr. Andrew Weil's websites, and he has been a Tai Chi source for media worldwide, including: The New York Times; Wall Street Journal; Reader's Digest; BBC World Radio; The South China Morning Post; and China's Xinhua News Agency. Bill was commissioned by Prevention Magazine to create their Tai Chi tutorial for their issue on Tai Chi as a natural immunity boosting technique.

Bill was an early pioneer in getting Tai Chi and Qigong into modern healthcare, partnering with a major international pharmaceutical company to produce a DVD which was distributed by physicians all across the United States to their patients. Bill has presented to the American Heart Association, the National Parkinson's Foundation, ALS Association; Catholic Hospice Workers; National Catholic Youth Conference; and was a consultant for the National Council on Aging and the American national YMCA office to create a "Tai Chi Efficacy Guide" for aging professionals and institutions, a project create by Dr. Roger Jahnke.

Bill partnered with the University of Kansas Hospital and KU Medical Center to create Tai Chi Meditation programs for patients dealing with: Heart Disease; Hypertension; Type 2 Diabetes; Fibromyalgia and Chronic Pain/Spine Issues; etc. He has presented for national government institutions, and for some of the world's largest corporations, and has shared free tips and how-to guides for nearly 20 years, to help Tai Chi and Qigong teachers worldwide to integrate their teaching into healthcare, corporate wellness, and society at all levels through his weekly free WorldTaiChiDay.org Ezine Newsletters, in a donated effort to improve world health and cut global health expenditures.

<http://worldtaichiday.org/Newsletters/MasterIndex.html>



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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.) began Taijiquan studies in 1975 with Ruby Blaurock, a student of W.T.R. Chung, who was in turn a student of Kuo, Lien Ying, who brought the Guang Ping lineage to this country. In 1976 he traveled to San Francisco to study with Masters Chung and Kuo. In 1978 he began a discipleship with Jou, Tsung Hwa which was to span the next 20 years, until Master Jou's tragic death in an automobile accident on August 3, 1998. Dr. Jay has learned from many teachers, including Zhu Tian Cai; Liang Shouyu; Yang Jwing Ming; Yang Zhenduo; Shi Zheng Zhong; Huang Chien-Liang; Henry Look, Dr. John Painter; Paul Gallagher; Lisa B. O'Shea, Susanna DeRosa; and Sam Masich. In 1982, with Almanzo Lamoureux, Pat Rice, Steve Rhodes, Cas Overton, Kim Ragland, and others he founded the Southeastern Taijiquan Society (later renamed The Tai Chi Exchange) to promote sharing among players from all schools, and served as editor of its newsletter, "Changes," for six years. In 1999, in memory of Master Jou, he created the 100-Day Program to help participants make personal progress by applying Taiji principles in daily life, and in 2001 he established the Jou, Tsung Hwa Memorial Dantian Challenge and designed and produced the bronze medallions which are awarded to those who meet the challenge criteria. He has served as judge and referee in numerous tournaments including ATOC, USWKF, USCKF, and the Taiji Legacy since 1989, and has developed tournament rules for both form and push-hands competitions. He was technical editor of Tai Chi for Dummies (Hungry Minds, 2001), contributed the foreword to Exploring Tai Chi, by John Loupos (YMAA, 2003), and an article on Five Element Fajin to the Addendum of the newest edition of The Dao of Taijiquan: Way to Rejuvenation. He has produced and distributes a DVD on Shiba (18) Luohan Qigong, and created a sequence for Taiji Heavy Ball based on the traditional Chen family exercise. With his wife, Shifu Kathleen Cusick, he has team-taught over 65 intensives in "san shou," the traditional 88-movement two-person set. Dr. Jay is the founder and director of the Magic Tortoise Taijiquan School, based in Chapel Hill NC. His 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).



### Healing the Knees

DUNBAR

Sixty percent of Taijiquan teachers have reported knee injuries in themselves or their students as a result of practicing Taijiquan. The contemporary focus on safe knee dynamics began with an article in the August 1992 issue of T'AI CHI magazine, reprinted in T'ai Chi Press the next year. The article, "Research Shows Need for Training in Knee Safety," was written by Jay Dunbar, who found in a survey of 216 Taijiquan teachers conducted for his dissertation that 60% of them reported knee injuries in themselves or their students as a result of practicing Taijiquan. The article concluded "If Taijiquan were viewed by more players as subject to guidelines for athletic activities rather than as somehow exempt from them, and if the requirements of strength, structure, and configuration are kept in mind, Taijiquan might be an ideal exercise for the knee." Unfortunately, those who teach movements without understanding those guidelines pass their teacher's bad habits as well as their own on to new generations of students with their own bad habits, many of whom take up the art hoping for healing. Taijiquan's measured pace, careful placement of the feet, and postural considerations should make it an ideal rehabilitative and preventive exercise for present or potential conditions of the knee. Yet Taijiquan places increased demand on the knees—depending on the height at which it is performed, width and length of stance, and duration of practice. Players without the proper awareness may seriously compromise their knee integrity. Considerations of dynamic limit, plane of support, hip mobility, knee stability, and awareness of functional relationships must inform any approach to knee safety. These are the subjects of this mini-workshop.

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**Track**    **Academic or Other**

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## Michelle Greenwell

Michelle Greenwell lives and plays in Cape Breton, Nova Scotia, Canada. She has been a student of Tai Chi for over 20 years studying Moy Lin Shin's yang style. With over a decade of experience as a Tai Chi instructor, she formed the Tai Chi Cape Breton Club in 2011 and gathers students from across the west side of the island in 4 different locations. She instructs in the 108 Moving Meditation, Sabre, and Loh Kup, as well as the seated version of all three. Her passion for movement crosses three decades of learning through Dance and Tai Chi. She specializes in full body movement and using movement to heal the body. With a Post-graduate Diploma in Complementary and Alternative Medicine for Energy Dynamics, Michelle is currently a student in the Master's program at Akamai University. Studying Energy Kinesiology in the Complementary and Alternative Medicine program, Michelle is the creator of Qi YINtegration. Combining her knowledge of the 5 Element Theory from Chinese Medicine, the Energy Dynamics of movement from Manual Muscle Testing in Specialized Kinesiology, as well as her acute knowledge of movement through Tai Chi, she has created a simple and powerful introduction to movement re-patterning with a Tai Chi base. Providing simple postural and dynamic information to her students, Michelle has also created an introductory set called Tai Chi 7 to bring knowledge of movement and patterns back to her students for better health and vitality. Join Michelle's journey with her website [www.dancedebut.com](http://www.dancedebut.com); Facebook: Qi YINtegration, Feet First System, The K.E.Y. to Health with Energy Medicine; Youtube: Michelle Greenwell. Presentations, workshops and retreats have been a part of Michelle's sharing across Canada, into the United States as well as Ireland, Scotland and Peru. Michelle B Waines Greenwell is a Master's student at Akamai University in Hilo, Hawaii. Her focus of study is on using movement to heal the body and she works with Energy Kinesiology tools to accomplish this task partnering with her passion for Tai Chi and the complete movement package that Tai Chi creates. With over 2 decades of education in Psychology, Dance, Tai Chi and Energy Medicine, Michelle brings a unique perspective to her presentations and programs.



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### Qi YINtegration

QIYIN

Understanding the value of muscle testing (or dowsing) to link up particular movement patterns from Tai Chi to eliminate health challenges. Movement patterns found in Tai Chi create a whole body movement approach that is superior for influencing the healing power of the body. Through the use of muscle testing, or dowsing, we are able to identify the movement patterns the body is looking for to balance energy flow and release stuck emotions within the tissue. Qi YINtegration is a specific program developed to work with the movement patterns of the 5 Elements and their corresponding muscles, as well as the use of frequency in sound and

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## **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.

Cold Mountain Internal Arts was established in 1990 in Kitchener-Waterloo, Ontario. They offer daytime and evening classes in both Kitchener and Waterloo. Members include beginners and expert practitioners. Instructors encourage mixed group levels, not only with focused attention to those new to the arts, but also for those wishing to advance in their study and proficiency.

They practice different styles of Tai Chi and Qigong exercises. These are traditionally referred to as "internal arts" because they work with the deep structures of the body, and with its subtle energies. Postures and moves are practiced with a soft quality, slowly, and cultivating relaxation of muscles (as opposed to external martial arts that are fast and use external strikes, cultivating muscle power).

All internal arts share common principles of efficiency through relaxation, and particularity is in the diversity of styles we teach and practice. The teaching style combines theory and practice. All instruction is devoted to learning and practicing various Tai Chi and Qi Gong forms. Our club also has an academic component. Students are encouraged to read classic and modern references of internal arts and philosophies from Eastern as well as Western traditions. Groups gather regularly to study textbooks or articles and understand how to incorporate their teachings into one's own practice.



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### **Old Yang as Tantra**

Tantra

Official policy in the People's Republic of China holds that Tai Chi does not have a spiritual element but is concerned exclusively with health and (maybe) self defence. With regards to the Old Yang tradition, the Tian family in China, from whom our lineage derives, now denies any connection between their Tai Chi and spirituality. In part, this policy of the government is probably a response to the destabilizing effects of certain of the Chinese qigong-based 'new religions', such as Falun Da Fa. But it also falls in line with the Communist regime's efforts to suppress religious and spiritual expression in China since the 1949 Revolution.

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## Laoshi Siobhan Hutchinson

Siobhan Hutchinson, created Next Step Strategies to educate and encourage individuals to discover their body's natural healing ability. Clients report experiencing increased range of motion, balance, relaxation, reduced stress, and an overall sense of well-being. 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 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.

Classes in T'ai Chi, Qigong, Reiki, and Energy Medicine Workshops are held throughout Central New Jersey and Bucks County. In addition, tailored programs are available at a variety of Assisted Living Centers, Rehabs, and at Senior Centers. Holistic Health workshops are popular with clinicians, massage therapists, and holistic practitioners, but are open to all skill levels. Private sessions to help with pain, stress, anxiety, and food/substance testing are available.

Siobhan also produces an annual Holistic Health Extravaganza in October at New Egypt, NJ. This is a great opportunity to meet and experience a wide variety of Holistic Health practitioners and crafters.

Her passion is stress relief and walking in serenity. Next Step Strategies: A Holistic Approach to Health and Vitality.

Locations:

Central NJ, Bucks County, PA & Skype sessions

Requested speaker at: Caregiver and Cancer Coalitions, Adult Protection Symposiums, Senior Centers, Hospitals, Wellness Centers, & University classes & programs.



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

TCCUHI

"We stress softness and continuity in T'ai Chi Chih...water is soft and stones are hard, but it is the water that wears away the stones," Justin Stone- originator of T'ai Chi Chih. Learn about the UCLA research studies on this practice, experience the Chi, and discover how easily it adapts to all abilities.

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

Track **Forms**

Location: **Conference Center**

### Tapping into Natural Health- Energy Medicine

TAPNA

Tapping into Natural Health - Energy Medicine is a fun, affordable, natural way to tap into your body's natural healing ability. We will be tapping, tracing, gently moving, and learning about why Dr. Oz and others claim that "Energy Medicine is the next frontier." Experience how simply tapping, touching, massaging different points on the body can help to de-stress, re-balance, and re-energize the mind, body, and spirit. Based on Traditional Chinese Medicine techniques and Donna Eden Energy Medicine, learn practical applications for daily living. This is a fun provocative session with techniques you can use right away for yourself or share with others. Great way to refresh and revitalize.

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

Learn a fun way to work with Names and Numbers to discover what they represent and their energetic attractions. See for yourself whether they reveal your true characteristics or your friends. Find out if your business or practice name and location influence your income. Numerology traces back to the Babylonians and Pythagoras, but you need not be good at math! Bring some paper or a notebook and a pen. Sense of humor, a must.

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

Track **Forms**

Location: **Bayside Field 3**

Symposium for Integrative Health Tai Chi Retreat  
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**Workshop Leader Bios and Long Workshop Descriptions**



## **Laoshi Siobhan Hutchinson**

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### **The 5 Elements – What’s your Style?**

SELEMENT

The 5 Elements or Rhythms is an ancient Chinese system used to explain and predict occurrences in nature, health, politics, and personality types. Its influence is evident in martial arts, philosophy, astrology, Feng Shui, medicine, and the arts in China. Knowing your primary Rhythm(s) will help your understanding of how you are perceived by others, your “lesson in life,” energetic imbalances you are prone to, and how to support your needs.

And, it will help you to focus on Qigong movements and Meridians that support your specific health care needs as well.

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

Track **Taiji or Qigong for Health**

Location: **Bayside Field 3**

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## Laoshi Roger Jahnke

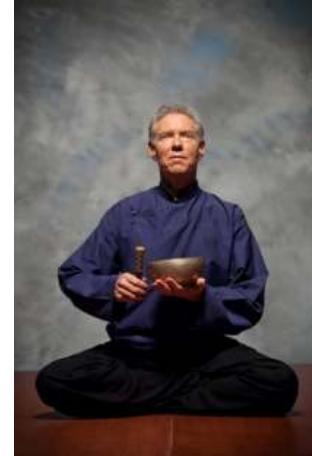
Dr. Roger Jahnke, O.M.D., has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and Tai Chi, Santa Barbara, California; and a cofounder and recent chairperson of the board of the National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

Dr. Jahnke has presented at major conferences on advances in Complementary and Alternative Medicine (CAM) throughout the United States. He has lectured on self-healing and emerging trends in health care and medicine to numerous hospital systems and health care associations, including the HealthCare Forum; the Catholic Health Association; the American Medical Association; the National Wellness Institute, Stevens Point, Wisconsin; and the American College of Healthcare Executives, Chicago, Illinois. He is a contributing author to numerous books on health promotion methodologies for both clinical providers and health care administrators.

Dr. Jahnke's first book, *The Healer Within: The Four Essential Self-Care Methods For Creating Optimal Health*, published by Harper San Francisco in 1997, delivered the Qigong and Taiji revolution to a broad and general audience in the Americas and the European community. In 2002, Roger's second book, *The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi*, published by Contemporary Books, a division of McGraw-Hill, distills the best and most important lessons gleaned from master Qigong teachers, with guidelines for tailoring a self-healing regimen for any age or medical condition.

The workshops and training sessions that Dr. Jahnke conducts at retreat centers such as Esalen Institute, Big Sur, California; the Omega Institute, Rhinebeck, New York; and Kripalu in Lenox, Massachusetts have inspired health care professionals and citizens throughout North America, South America, Europe, Australia, Canada, and Asia. In 2005, Dr. Jahnke was appointed to co-convene a National Expert Meeting on Qigong and Tai Chi in collaboration with the University of Illinois at Urbana-Champaign and the National Blueprint for Active Aging.



### 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. The ancients understood how to incorporate cultivation of the HeartMind - intellect, emotions - into their everyday lives. Discover how to cultivate the Golden Elixir of the HeartMind for yourself. Learn and practice how to accept that which cannot be changed, to forgive and trust the nature of the unfolding universe as it presents itself in our lives. Combining your increased understanding of traditional medicine and philosophy with new insights from contemporary science, empowers you and enables you to produce the Golden Elixir of Longevity and Immortality for the 'Mind' and 'Emotions'.

**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, ("Luke") is 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. In 2015 Dr. Jih took over as managing director of the Taijiquan Enthusiasts Organization. He donates much of his time and lots of enthusiasm to putting on events for that organization. He is also one of the first members of the steering committee for the Symposium event.




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### 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**

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### 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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### 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**    **Sat 6:15 - 7:15 AM**                      **Track**    **Meditative/Spiritual Development**                      **Location:**    **Maris Stella Beach or Ba**

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### Taoist Body-Mind: 4 Tiers

JHLLU562

Taoist practices are aimed to maximize the potentiality of human body-mind. Their cultivation of body-mind are divided into four consecutive stages: first, building up physical strength (ti-nen) through exercises and diet; second, transforming physical strength into "chi-nen" (bio-energy); third, elevating "chi-nen" (bio-energy) into the zhi-nen ("energy of intellect), and sheng-nen" (energy of spirituality), and then, the last stage, is to sublime zhi-nen & sheng-nen into the energy of "le-nen" (energy of creation). In this workshop, participants will learn physical exercises, meditative techniques and spiritual rituals which have been used by Taoist hermits to live out their highest potentiality as human beings.

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



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## Laoshi Luke Jih

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### 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 **Sat 7:10 - 7:45 PM**      Track **Meditative/Spiritual Development**      Location: **Maris Stella Beach or Ba**

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### 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 **Sun 6:15 - 7:15 AM**      Track **Meditative/Spiritual Development**      Location: **Maris Stella Beach or Ba**

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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.

Her most recent works address Qigong in Cancer Care.

Cultivating Life Energy, Qigong in Cancer care (award winning video. Available at [theqigongnetwork.com](http://theqigongnetwork.com))

Klein PJ, Schneider R, Rhoads CJ. Qigong in cancer care: a systematic review and construct analysis of effective Qigong therapy. Support Care Cancer. 2016 Apr 5. [Epub ahead of print] Review. PubMed PMID: 27044279.

Klein, P.J. Qigong in Cancer Care: Theory, Evidence, and Practice. Medicines 2017, 4(1), 2; doi:10.3390/medicines4010002 (available online at [www.mdpi.com/2305-6320/4/1/2](http://www.mdpi.com/2305-6320/4/1/2),



### Serving individuals with Cancer

KLEIPE835

Workshop participants will gain essential information for serving individuals with cancer. Cancer is pandemic. There are an estimated 15 million cancer survivors in the US, ten times that number world-wide. Globally, an estimated 15 million new cases are diagnosed each year. Qigong practice has recently been scientifically proven to preserve and even enhance cancer-related quality of life. As awareness of the potential benefits of Qigong practice in cancer care is raised, there will be a growing demand for programming and a work force need for competence qigong instructors. This interactive workshop presents up-to-date evidence base supporting qigong in complementary cancer care as well as information and insights gained from discussion and work product an international panel of experts convened (2017) to establish guidelines for structure and delivery of qigong in cancer care programming and to make recommendations about essential instructor knowledge, skills and attitudes. Participants have an opportunity to experience selected exercises, meditation, and self-massage appropriate for this population. Implications of this pioneer work are discussed with audience input. Participants will be provided with the International Expert Panel on Qigong in Cancer Care Working Paper and bibliographic reference of relevant research.

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

Track **Academic or Other**

Location: **Conference Center**

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

SyrCCC

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 the Verona, NJ Community Center, Glen Rock Physical Therapy, NJ and to private students at his home studio in Verona. Harry has received his instructor certifications in Tai Chi, Qigong, Self Defense and Fa Kung Healing from Master Richard Clear. Master Clear has over 40 years of training. Harry has earned the following Professional Instructor Certifications from Master Clear:

- Tai Chi
- Qigong
- Push Hands
- Fa Kung Healing

Harry competed in the World Fighting Martial Arts Federation's 2015 US Open Martial Arts Championship and received two silver medals in Push Hands – Stationary and Moving.



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### Internal Connection

LEGGHA960

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.

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

Track    **Taiji for Self Defense or  
Competition**

Location: **Bayside Field 3**

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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."

John Loupos, M.S., C.H.S.E. has been teaching martial arts since 1968. His martial arts background includes Okinawan Karate, several styles of Chinese Kung Fu, Taijiquan, Liu He Ba Fa, Bagua, Hsing-I, qigong, and more. John also has a background in Classical homeopathy. He serves on the board of directors for the Association for Hanna Somatic Education and is the founder of Jade Forest Kung Fu/ Tai Chi in Cohasset, Ma., where he also maintains his Pain and Mobility Clinic. John has published several books on Tai Chi and assorted other learning



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### Getting Tai Chi's Finer Details

TCFiner

The skill with which you practice any style of Tai Chi ultimately depends on your ability to sense and organize your body in an informed, deliberate, and detailed manner. Correct organization enables all your body parts to work together in an optimally efficient way. Sifu John Loupos will guide workshop participants with the goal of accomplishing precisely this skill 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**

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### Mastering Bodily Intelligence to Improve Tai Chi

LOUPOJ804

John Loupos will guide participants in a version of his always popular Somatics movement patterns. 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**

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## **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.

Marc Mathys is also the Former President and Chief Executive Officer at Virtual Sourcing

He received his J.D., Pepperdine University

Mr. Mathys was appointed as the Company's President, Chief Executive Officer, and a member of the Board of Directors on March 15, 2005. He remains a member of the Board of Directors. Mr. Mathys has a Bachelors of Science in Engineering from UCLA and a law degree from Pepperdine University. He has worked as an investment banker for ECC Resources, Inc., an oil company, and Omni Holding AG, a Swiss conglomerate. He currently owns businesses in chemical and stone manufacturing, including Harvard Chemical Research, Inc.

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### **New Methods of Pain Relief**

PainReliefMthds

Marc Mathys runs the Organization for Pain Free Living. They are at the forefront of bringing a new treatment program to the U.S. called Systolic Engagement Training, or SET. It is not a pharmaceutical, but rather a novel approach designed to avoid the downsides of medication. Although invented at UNC, it is currently being tested with patients in Germany at the University of Marburg and other Universities. Early results are very promising and OPFL is working closely with the team to expand the therapy and trials into the United States. OPFL also provides courses, advice, equipment, videos, and other support to underserved populations such as senior citizens and people undergoing physical rehabilitation.

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

Track    **Academic or Other**

Location: **Conference Center**

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## ChunLi Ni

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.

Last year she was at the University of Southampton (Dalian Campus) Higher Education Academy in the UK, and was a Fellow of the Higher Education Academy, and received a Post Graduate Certificate in Academic Practice.



### Entrepreneurship in China

ENTRE\_CHINA

Abstract: With the growing pace of globalization, as well as the result of the increase enrollment of college students and severe challenge of graduate placement in Chinese higher education, entrepreneurship education has become an essential field as one of the effective ways to solve the employment problems for graduates. Under the influence of worldwide entrepreneurship education tide, with the initiatives of building the Belt and Road unveiled by Chinese President Xi Jinping in 2013, how to effectively implement entrepreneurship education in the universities in China, especially how to orient a feasible entrepreneurship mode to Chinese local universities has become a crucial issue now. At present, entrepreneurship education in China is still in its initial stage. Thus, this research aims at first reviewing the backgrounds and four phases of entrepreneurship education in China with the relevant policy initiatives, then analyzing the achievement and challenges of the entrepreneurship education programs and activities, after that, from four perspectives making a theoretic investigation into the problems of entrepreneurship education, finally, providing a series of constructive suggestions for the sustainable development for the local universities in entrepreneurship education: government policy, financial and non-financial assistance from enterprises, reorientation of entrepreneurship education in universities and college students' awareness.

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

Track **Academic or Other**

Location: **Bayside Field 2**

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## Laoshi Erik Oliva

Bio: Erik Oliva, shifu

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.

Over the course of many years, Erik has formulated his own method of internal arts based on his practices since childhood called “12 Period Meridian Nourishing Practice”, “Zong Huan Tai Ji Quan”-- Origin and Illusion Tai Chi, and “White Canopy Platform Meditation. While in his last two years of lecturing in China, he became the U.S. Representative to author Liu Ming Wu for his work on “10 Keys to Understanding Chinese Culture.” His Tai Ji Quan practice began with Sifu Rudy Curry Jr, 8 Mother Palms Qigong with Sifu Novell Bell (Black Taoist), Dragon Palm Internal Exercises with Sifu Roosevelt Gainey; Chen Style Tai Ji Quan “Xin Jia” under Cheng Yao Qing and 5 Element Fist Xing Yi under Zhong Shifu both of Huzhou city, Zhejiang China.



### Eight Trigram Qigong for Health and Wellness

OLIVER158

Eight Trigram Qigong for Health and Wellness

Be ready for an easy to learn, full body and mind workout designed for strengthening, balance, Qi development, posture correction, focus, and deep Meditation. Practice with us a profound and empowering art of movement called Eight Mother Palms Trigram Qigong, or 8 Mother Palms Bagua, which is a foundation practice of a style for both a healing and martial arts called Ba Gua Zhang (8 Trigrams Palm).

The workshop will lay a foundation of movement and stillness, cultivation of Qi; Improve Health and Wellness, and develop a moving meditation practice unlike any other in order to temper the body, focus the mind, and refine the spirit.

The 8 Trigrams is an ancient philosophy which influenced both the healing, spiritual, and martial arts. We will delve into the health and Qi Gong benefits of this practice, and leave you with a daily practice routine to carry with you for a lifetime.

Workshop Outline:

- Standing Meditation (Qigong): Learn an easy to practice method of standing meditation for health, internal strength, and mental clarity called “Mind and Body Practice”, a.k.a. Dragon Palm Flexing
- The origin of Pre and Post Heaven Bagua (8 Trigrams)
- 8 Mother Palm Qigong

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

Track **Taiji or Qigong for Health**

Location: **Conference Center**



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## 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. He studied with the master from 1957 to 1969.

From there he went on to study Chinese medicine, massage and acupressure with Dr. Pao, Sun-Lung of Hong Kong and Tibetan yoga and meditation with Lama Trangu Rinpoche. He attended Texas Tech University majoring in psychology and theater arts. Dr. Painter holds a Ph.D. in Naturopathic medicine is listed in Who's Who in the Chinese Martial Arts. Master, Founders and Leaders of the Chinese Martial Arts and was elected to the Texas Martial Arts Hall of Fame and was twice elected to the Inside Kung Fu Magazine Hall of Fame.

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.

A Captain in the American Rangers Law Enforcement Martial Training Institute Dr. Painter is considered one of the world's foremost experts in practical, hand to hand combat training. His private client list includes members of the Israeli military combat training corp., FBI, DEA, US Army Rangers, US Army Special Forces, and US Marine Military Police officers.

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"Dr. Painter is one of the most awesome martial artists I have ever interviewed or photographed. He makes it look so easy!"

- Dave Cater, Editor, Inside Kung Fu Magazine



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### **Increasing VO2 Max**

IncreaseVO2

The concept of increasing VO2 Max through Taiji and Bagua walking methods. A way to improve venous blood return to the lungs and heart to oxygenate the blood a method using special pumps in the feet that fast walking or running cannot do.

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

Track    **Academic or Other**

Location:    **Conference Center**

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## Laoshi William Phillips

Sifu William C. Phillips has been practicing Tai Chi for over 40 years. His teachers include Professor Cheng Man-Ch'ing and Master Zhang Lu-Ping

Other Martial Arts experience: Nanadan, Shotokan Karate, Japan Shotokan Karate Association of North America, Godan, Ju-jitsu

Sifu William C. (Bill) Phillips began his study of martial arts with Sifu Stanley Israel in 1965. He studied Karate, Jiu-jitsu, and Judo with Sifu Israel, and in 1967 also began to study Tai Chi form with him. Sifu Israel was one of Professor Cheng Man-Ch'ing's six senior students in New York. After hearing about the Professor from Sifu Israel, Sifu Phillips sought out the Professor by knocking on Chinatown doors and began to study with him in early February of 1970. From Professor, Sifu Phillips refined his form, and also learned push hands and sword form. He became the most junior student to be given permission to take pictures and make audio and film recordings of the Professor, and was the most junior student to ever be given a beginner's form class to teach at Professor's school, the Shr Jung.

After Professor Cheng's death in 1975, Sifu Phillips continued developing his form and push hands skills with another of Professor's senior students, Mort Raphael, for a couple of years, but after that was largely on his own. In 1988, a friend brought Master Zhang Lu-Ping, on tour, to teach at Patience Tai Chi. Very impressed with his skill, Sifu Phillips asked Master Zhang if he would teach him, and Master Zhang agreed. For the next 10 years until Master Zhang's passing in 1998, Sifu Phillips learned Yang Long Form, and applications to push hands of Tai Chi form. He also greatly improved his push hands, rooting, and neutralization skills.

In 1970, Sifu Phillips founded the Patience Tai Chi Association, so named because of the quality he most wanted to be mindful of in his teaching and in his own studies. The Association has flourished over the years, and Sifu Phillips has taught hundreds of students Tai Chi, and until 1993, also Karate, and Ju-jitsu. Today, Sifu Phillips, who also holds the rank of Nanadan (7th degree black belt) in Shotokan Karate from the Japan Shotokan Karate Association of North America, and a Godan (5th degree black belt) in Ju-Jitsu from the American Ju-jitsu Council, focuses mainly on teaching Tai Chi form and push hands. He has served as a judge at numerous tournaments, and has travelled the country teaching seminars, including at the Tai Chi Farm of Master Jou Tsung Hwa. He also ran a holistic health weekend at the Fallsview in the Catskill Mountains for 12 years, and held Cheng Man-Ch'ing Tai Chi Family gatherings for the 100th and 101st Anniversaries of Professor's birth. Sifu Phillips has made a number of television appearances on programs such as The O'Reilly Report on Fox Cable and Brent Garber's Health Update, and has been featured in many publications including USA Today, Inside Kung Fu and Men's Health.



### Neutralization Exercises for Push Hands

PHILWI

In this workshop, we will work on the exercises that help a person to develop the underlying flexibilities and sensitivities for push hands. Also there are particular pathways of neutralizations which are very helpful to those neutralizations.

We will do this through showing the flexibilities that are helpful in push hands and teach exercises developed to attain them. We will also teach exercises designed to enhance sensitivity, another important element of successful push hands.

if time permits we will go on to the pathways of neutralizations, Specific pathways can make neutralizations smooth and virtually effortless. We will teach several of the common ones.

This is a hands on experiential workshop. Be prepared to learn and have a good time.

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

**Track Push Hands**

**Location: Bayside Field 3**

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## 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.

Sifu George Picard started his martial arts training in 1971. He has trained in several styles of Okinawan Karate and currently teaches Okinawan GoJu Karate Jutsu, Okinawan Kobudo and most major styles of QiGong, Tai Chi and Tai Chi Weapons at his home Dojo, Glenridge Martial Arts Academy and Wu Yi Jie He Academy in St. Catharines, Ontario, Canada.

Master Picard started teaching QiGong and Tai Chi in 1996 in Toronto, Ontario. Through serendipity and good fortune he met Master Helen Wu and Master Simon Hu. He continues to train weekly as a private student of both Masters. "One of my most memorable experiences was training with Grandmaster Wang Ju Rong in Houston Texas. Her grace, humility, knowledge and dedication I can only aspire to and would take another lifetime to attain."

In 2005 Master Picard received his fourth generation certificate from Master Helen Wu. Master Picard's focus is to help people heal their various conditions and attain higher levels of health and awareness, through QiGong / Tai Chi.

He has been teaching classes at Wellspring Niagara's Cancer Support Center for eight years and currently teaches doctors, health care workers and private students throughout North America.

Master Picard also conducts seminars on healing through QiGong / Tai Chi and teaches others this healing system so more people can benefit physically, mentally, emotionally and spiritually.



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

PICCGE950

The 24 Posture Qigong form, a modern derivative of ancient Qigong exercise, was developed by Masters Wang Ziping and Chende Wu in the mid 20th century. As rehabilitative exercise, it served as a precursor of modern physical therapy. It is practiced for healing, wellness, and longevity. The regimen includes gentle, slow, meditative exercise, sequenced to activate and restore body alignment and energy balance from head to toe. Self-massage and meditation are integrated into exercise patterns. This routine can serve as valuable addition to one's Qigong repertoire. Come. Learn. Balance. Heal. Enjoy.

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

Track    **Taiji or Qigong for Health**

Location: **Bayside Field 3**

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## 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.

Master Ramos' accomplishments include a black belt in Sun Mi Do Karate, a national ranking in Olympic Style Saber Fencing, and 3 national titles in Tai Chi Push Hands. He also has extensive medical training in both Western and Eastern traditions. Paul is a US Army-trained combat medic and intensive care nurse who managed the General Surgery Clinic at Walter Reed Army Medical Center. He also has years of training in the Chinese Tui Na system, acupressure, body manipulation, massage, herbology, and Taoist Meditation and health practices.

Paul continues to train with his teachers, Grandmasters Liu Xiao Ling and Gao Tie Niao, who have helped him integrate the different internal systems and continually deepen his understanding. His training in Medicine and Martial Arts is unceasing and he would have it no other way.



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### Wudang Qigong

1Wudang

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. The exercises chosen will be for general body invigoration and blockage removal.

Date and Time **Sat 10 - 10:50 AM** Track **Taiji or Qigong for Health** Location: **Bayside Field 2**

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### Internal Self defense

2IntSD

This seminar will examine basic theories, exercises, and methods for "using softness to overcome hardness" through methods derived from various Tai Chi Chuan styles. Posture applications as well as generalized use of underlying principles will be addressed.

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.

Grandmaster Wang Rengang is the founder of International Dachengdao Kungfu, and holds the rank of gold sash in Chinese Wushu. He studied under, and is the successor to, the well-known Wang Xuanjie, the second generation grandmaster of Dachengquan under the renowned Grandmaster Wang Xiangzhai. Wang Rengang is also the fifth generation successor of Hao Tai Chi Mei Hua Tonglong Quan (northern plum blossom praying mantis) under the famous Grandmaster Hao Weizhi.

Wang Rengang has won numerous gold medals in martial arts tournaments. He is also a certified Grade 1 Wushu judge both in the US and China and is invited to judge several tournaments each year. He immigrated to the US in 2000 and lives in Rego Park with his family. He teaches classes in Elmhurst and Flushing, and is available to travel for seminars.



### Martial Roots of Tai Chi

RENGWA518

Millions of people across the world practice their tai chi form unaware of the martial roots of the movements. This has earned tai chi the label of “a gentle Chinese exercise;” a name which does disservice to this once grand martial art. Locked inside every tai chi form are martial applications, designed to put the tai chi energies and principles into context. Without this knowledge, tai chi form is little more than an empty book filled with blank pages. With this knowledge, it is your key to unlocking the formidable power within. Join Sf. Wang while safely practicing with others to get the feel of how each application works, both as a stand-alone technique and as it applies to push hands — the precursor to actual tai chi sparring. Bring your questions and leave with the edge of new knowledge and techniques.

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

**Track** Taiji for Self Defense or Competition

**Location:** Bayside Field 3

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## Laoshi CJ Rhoads

Dr. Christine Judith Rhoads (“CJ”) is one of those people who make you breathless just listening to her accomplishments. A sought after speaker, consultant, author, and expert in many different aspects of business, she has been recognized by her community with several awards and honors including the Athena Leadership award, one of Pennsylvania’s Top Women in Business, Lehigh Valley’s Most Influential Women, Kutztown University’s College of Education Distinguished Alumni Award, and College of Business Top Researcher of the Year.

Currently she is President and CEO for HPL Consortium, Inc., which develops technology tools to help people connect toward Health, Prosperity, and Leadership. She is also the managing director of HPL 501c3 Institute, which provides those tools to small groups and non-profits at a reduced fee so that they can help others achieve health, prosperity, and leadership as quickly and as efficiently as possible no matter how much (or little) technical expertise they hold. Rhoads is also a Professor in the College of Business at Kutztown University, where she teaches graduate and undergraduate courses in entrepreneurship, leadership, and information technology.

Her research in leadership and strategy is well-known for its practical usefulness, and her research in healthcare and the use of integrative health to lower costs and increase quality is being noticed by decision makers. In addition to her book, Telehealth in Rural Hospitals: Lessons Learned from Pennsylvania, she published a 400 page report on Telehealth for Pennsylvania Legislators. Her other most recent book is The Entrepreneur’s Guide to Running a Business: Strategy and Leadership, which summarizes the lessons in all 12 books she edited for Praeger, a scholarly press. She publishes a monthly column in the Reading Eagle Business Weekly, and over 200 of her articles have been published in a variety of venues and languages. More than fifteen years ago, Rhoads was injured in a devastating car accident that left her with permanent memory problems from a mild traumatic brain injury and severe chronic back pain. Her recent business interests are focused on the areas that enabled her to not only recover from the financial hardships and physical disabilities as a result of the accident, but to surpass all expectations in terms of gaining health and prosperity. Her experiences led to the change in focus of her career as she is now dedicating her life to helping others achieve the same gains regardless of their circumstances.



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### Introductions & Demos

SponsorIntro

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

Track

Location: **Conference Center**



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## Laoshi CJ Rhoads

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### Build a Rewarding IH Practice

1SyllHTQBuildHP

Have you ever asked yourself these questions?...

- How do I expand my client/patient base? Where do I find new clients and patients?
- How can I keep my business financially rewarding enough to continue to help people?
- Why isn't my client base growing faster?
- How do I set up my office so that administration is easier?
- How do I convince people of the benefits of Integrative Health Practices?
- Why does insurance coverage seem to be the only reason people buy?
- Am I spending too much money and time on computers and social media? Am I not spending enough? How do I know?
- How do I ensure people trust my methods and my judgment?

Are you trying to develop or run an alternative healthcare business such as Naturopathy, Functional Medicine, Tai Chi, Qigong, Acupuncture, Yoga, Reiki, Massage Therapy, Pilates, Fitness Centers, Behavioral Therapy or any one of dozens of other alternative or integrative healthcare practices? This workshop is designed to introduce you to techniques that will optimize your practice.

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

2SyllHTQ\_PnFree

Qigong, Tai chi, Yoga, Pilates, and many other mind-body practices decrease pain indirectly by interfering with the pain-feedback-loop that typically cranks up pain by escalating the body's typical response to the pain input. Dr. Rhoads has battled chronic pain for years due to injuries from a 2002 automobile accident. She has developed a mnemonic qigong that she performs daily that has helped her decrease her pain levels so that she can be a productive human being instead of disabled slug.

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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## 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.

Recently he has been working with translators to bring Chinese Qigong texts to English audiences. He and his co-authors have been working to translate the historic text Xi Sui Jing (the Essence Cleansing Scripture), and The Five Animal Frolics of 3 Qigong Masters: Hu Yao Zhen, Jiao Guorui, and Dai Ye Tao.



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### Essence Cleansing

1PREC\_CANON

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

While it seems to be a common document in China, it has not yet been translated into English. 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**

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### Five Animal Frolics

2\_SANIMFLC

The Five Animal Frolics of 3 Qigong Masters: Hu Yao Zhen, Jiao Guorui, and Dai Ye Tao - The Bear Frolics

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. Wu Qin (five animals) is tiger, deer, bear, monkey and crane; Xi (frolic) is playing. In this regard, while practicing, one should be as free and lively as these animals are in the nature.

Main Point:

firmness and steadiness

Concise formula:

Clumsy looking but clear in mind,  
It walks with lightness inside heavy steps,  
Gathering Qi at and concentrating on Dan Tian,  
It sways and leans with force in the arms."

We will practice:

- the Bear Walking forms of Jiao Guorui (5)
- the Bear sequence of Dai Ye Tao (6)
- the first 5 exercises from Hu Yao Zhen's Bear sequence

**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. Jennifer established JS Associates for Therapeutic Massage, LLC and opened Vernon Massage and Wellness in Vernon, New Jersey in 1996. She operated her Vernon office until 2011, when she relocated full-time to the Jersey Shore. Jennifer continues to operate a mobile therapeutic massage and wellness office in the Short Hills' area as well as Ocean County.

Jennifer 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 has worked with professional and amateur athletes, oncology patients, hospice patients, and clients with various medical conditions such as lupus, autism, multiple sclerosis, fibromyalgia, diabetes and lymphedema. Jennifer also offers preventative massage for relaxation and wellness.

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 was instrumental in organizing and facilitating Master Jou's Memorial Service and the last Zhang San Feng Festival ever held at Tai Chi Park in Warwick, NY in 1999. She is on the board of The Master Jou Tsung Hwa's Tai Chi Memorial Park Foundation in Wantage, NJ, which was created to carry out Master Jou's work. She assists, teaches and demonstrates at the annual World Tai Chi and Qi Gong Day and Master Jou Tsung Hwa's Birthday Celebration, both held at the park. 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 has shared her massage and Tai Chi expertise with The Friends for Life Senior Citizen Program at St. Claire's Hospital; the Nursing Continuing Education Program at St. Barnabas Hospital; Norwescap of Sussex County and fitness conferences in Chicago and California. She has taught Adult Education Programs with Sussex County Community College and Continuing Education Classes for High Point Regional High School. Jennifer was a part of Dorot's University Without Walls Program to promote health and well-being for house bound senior citizens. She currently teaches Tai Chi and Healthy Living Classes in Sussex, Essex and Ocean Counties, as well as Puerto Rico.

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. Many "surf school graduates" become part of the Coastline Adventures' team. She also loves volunteering her skills and she and sharing her surf school for many programs such as: Life Rolls On; Best Day Foundation; POAC Autism; Cystic Fibrosis; International Surf Day;



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## Laoshi Jennifer Steffener

National SUP Day and more!

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.

- Certified and New Jersey State Licensed Massage Therapist since 1996
- Certified Neuromuscular Therapist since 1996
- Certified Geriatric Massage Therapist 1997
- Certified Manual Lymph Drainage (Vodder Technique) and Complete Decongestive Therapist since 2001
- Certified Tai Chi, Qi Gong, and Meditation Instructor since 1993
- Certified Qi Gong for Health Instructor since 2013
- AMTA Certified since 1995
- CPR and First Aid Certified since 1995
- NSSIA Accredited Surf School and Certified Master Level Instructor since 2008

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### 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. This workshop will teach you simple and easy-to-learn massage techniques and acupressure points that you can perform on yourself to help relieve the symptoms of common ailments such as sinus congestion, headaches, general aches and pains, digestion and elimination problems, low energy, and stress.

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

Track **Taiji or Qigong for Health**

Location: **Conference Center**

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### The Moving Five Elements Set

2\_SELEMENFF

Enjoy an easy-to-learn qi gong set that calms and nourishes your qi, meridians, and organs. This simple yet powerful moving set utilizes steps, stretches, breath, and visualization to harmonize the five elements within you. Improve your health and vitality, de-stress and calm your emotions, increase your balance and awareness, and develop a tranquil mind and a joyful attitude.

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

Track **Taiji or Qigong for Health**

Location: **Bayside Field 2**

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## 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.

His certifications include:

Qigong Therapist

Qigong Healer Instructor

Sun Style Tai Chi for Arthritis Instructor

Sun Style Tai Chi for Diabetes Instructor

Usui Reiki Master-Teacher

Karuna Reiki Master-Teacher



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### Eight Pieces of Brocade Qigong

EightPoBrode

The Eight Pieces of Brocade is one of the most common forms of Chinese qigong used as exercise. The name of the form generally refers to how the eight individual movements of the form characterize and impart a silken quality (like that of a piece of brocade) to the body and its energy. The Eight Pieces of Brocade is primarily designated as a form of medical qigong, meant to improve health.

**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. Master Tang had also been featured on Discovery Channel, and had presented at both Princeton University and the University of Pennsylvania. In addition to offering a broad range of classes and programs at OFI, he is active throughout the Philadelphia /New Jersey region, delivering specialized seminars and demonstrations. Master Tang is a phenomenal teacher knows for his sense of humor and patience with his students, and in providing the expertise.



TANGJIB23

### **Bio-Clock Meditation**

The symptoms of Jet Lag such as disturbed sleep, daytime fatigue, difficulty concentrating and functioning are all too familiar for crossing time zone travelers and related Industry professionals.

How to cope with Jet Lag is a bid subject for sleep medicine to research.

Jing's meditation is a very effective method to re-synchronizing circadian rhythm. 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**

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## 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. Stephen is has been featured in Inside Kung-Fu magazine and is known the world over for his engaging personality, kind-hearted approach to teaching and, of course, his world-class skill. Stephen travels the world offering workshops on various Chinese martial arts. Stephen Watson is the only person to compete in, referee at, and teach at martial arts tournaments for every umbrella organization at their national level. He is an International, 18-time US, and now World Champion in Taiji Push Hands. He operates a small martial arts school in Connecticut where he hosts masters from far and yon. His teachers include every person he has ever met. Come be his next teacher.



### M, M, M, & MA

WATSS768

Awakening to the revelation that medicine, massage, movement, and martial arts are all the same affords us compassion for those employing other modalities as well as deep insight into our own practice, partner, and power.

This workshop was originated for the creative artists, technicians, performers, & coaching staff of Kà, a show by Cirque du Soleil that has been performing daily at the MGM Grand Hotel in Las Vegas, Nevada since 2005. At Kà's request, I developed a workshop designed to challenge, inspire, reveal, and connect these four interconnected worldviews by the single thread of imbalance.

In this special hands on, hips in, eyes open, bodies groovin' workshop Stephen Watson explores the oft-overlooked intersection of the Diagnostic, Therapeutic, Dance, and Self Defense modalities. Need we use an adjective every time we say 'touch'? Whether you are a physical therapist, a granola Phish chick, the hardened aegis of your family, or a psychotherapist in the Jungian alterna-world we will transform you into the other three. Unfold you. The most fun you can have on two feet!

**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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## Laoshi Stephen Watson

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### Ting Jin - Presence and Perception Power

TingJin

How We Listen Becomes Who We Are. Listening Skills are the foundation of any Internal Artist, whether they be a Tai Chi player, a Ba Gua swirler, a visual artist, a graceful yogini, or a therapeutic touch professional - let's discover, access, explore, and challenge our Kung Fu of Listening.

'Hearing here' is the secret to being present. Being present, of course, is the secret to health, connection, and the continual development of a spirited spirit. To listen, to truly listen, is to devote one's energies to engagement with self, with other, and with the context of all of these connections. Engagement with what is, is the source of self cultivation at the headwaters of all of the internal Chinese martial arts. Ting Jin is presence and perception in as pure a version as one can easily ease into existence. It is the expression of developed energies by the internal artist who seeks not only to manifest power but to make that power resonate beyond the boundaries of the self.

To develop Ting Jin one needs to possess tools for returning to the here and now, staying in the here and now, and opening one's awareness beyond the here and now. Breathing, visualization, posture, and gesture all come into play in the internal artist's ceaseless practice of sourcing her self in the here and now. To remain in the here and now can easily turn oneself inward as in a meditative state of bliss shared by none beyond the practitioner. Ting Jin demands a presence in the here and now which, itself, reaches beyond to connect to others.

Using a variety of internal skills drawn from Taoist, Vedic, & Buddhist insights, attendees will play with energetic cultivation, transformation, and utilization. These energies will be considered for play within the body, within a partnered context (whether healing or competing), and within one's personal space. This workshop was custom developed to complement the studies of both the newcomer and veteran members of Push Hands.

**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

Balance and flow are two primary characteristics of the Chinese martial art, Tai Chi Chuan. However, flow can be interrupted and balance lost when a condition known as "The Double Weighting Error" occurs. Understanding this error and how to avoid it is critical to attaining advanced ability.

Passages about double weighting from the "Tai Chi Classics" tend to be rather cryptic. The terms used are subtle and abstract, and are easily misinterpreted and misunderstood, even before translation. Therefore, most people have great difficulty in grasping the true nature of the concept and correctly implementing it into their practice.

This article will explore the principles underlying the double weighting error and relate the writings of the ancient Tai Chi Masters to modern scientific knowledge. By recognizing that the human body is a biomechanical system, engineering analysis methods can be applied to traditional Tai Chi Chuan practices to show how double weighting functions in the musculoskeletal system. Through this process, vague concepts such as "Central Equilibrium", "Distinguishing Between Full and Empty", and "Double Weighting" can be precisely defined and examined.

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

Track    **Academic or Other**

Location: **Bayside Field 2**

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### Hidden Treasures

YUNARA674

Explore the internal martial arts roots of taiji and qigong. Discover the built-in martial training "secrets" and learn how they form the foundation for modern healing and fitness exercises.

Internal arts such as Taijiquan and qigong are well known for providing healthy, rejuvenating effects. Unfortunately, very few people appreciate the martial origins of these arts. Often, they misinterpret the self-defense aspects of the arts and overlook key features of the core exercises. As a result, they are only able to access a fraction of the potential benefits available from their practice.

By exploring the built-in martial arts elements of these internal traditions, we can understand how these exercises were originally designed to optimize people's long term physical and mental abilities so that they could remain healthy and be capable of defending themselves into old age. (Taijiquan was invented so that people could still fight when they were old, not because they were too old to fight.)

In the "Hidden Treasures" workshop, we examine common taiji and qigong exercises and identify the root elements. We then analyze basic standing and moving, anatomical structure and sensitivity feedback. Lastly, we will investigate experiencing martial energy and using it to enhance our daily practice.

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

Track    **Taiji for Self Defense or Competition**

Location: **Conference Center**

**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 Long Workshop Descriptions**



## Laoshi Ramsey Yunan

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### Push Hands

SyFRPH

Meet for friendly and fun push hands with fellow Tai Chi players. If you are new to push hands - come on in! Push hands activities can range from a gentle two-person sensing drill to a dynamic balancing competition. Let your partner know at what level you wish to play for a safe and convivial pursuit that many believe is the epitomy of enjoyable Tai Chi activities.

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

Track    **Push Hands**

**Location: Bayside Field 3**

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### Fundamental Jing Training

FdJing

On its most fundamental level, Taijiquan is founded on a set of distinct "body qualities" or "energy states", called "Jing". While many Jings have been described, there are four in particular that form the foundation of Taijiquan practice, Peng (Ward-Off), Liu (Roll Back), Ahn (Press), Ji (Squeeze). Every move in the Taijiquan form contains some aspect of these four, along with Song (Release), Zhong Ding (Equilibrium), and Ting (Listening). The fact that all these different qualities must be performed simultaneously makes it difficult to focus on any one individually during practice. Fortunately, there are a number of drills and exercises that allow dedicated study of Jings individually. Here we will examine some of the basic Jings and how to train each one. We will also discuss how to apply the principles involved to practicing other Jings and qualities.

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

Track    **Forms**

**Location: Bayside Field 2**

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## Chet Zeiger

Chet Zeiger has spent two plus decades of intense study of qigong, baguazhang, xingyichuan, taijichuan, and other neijia arts. On Oct. 1, 2007, while Chet was serving as an interim President of a non-profit organization called Events of the Heart dedicated to women's heart health awareness, he had the opportunity to meet Dr. Mehmet Oz at the organization's first major all-star event. Dr. Oz was the keynote speaker. After a two minute demonstration of some basic qigong breathing to Dr. Oz, he was astounded and went on Oprah on Nov 1, 2007, one month later and stated that "If you want to be healthy and live to 100, do Chi Gung."

In the Daoist arts, Chet counts Bruce Frantzis, Frank Allen, Roosevelt Gainey and too many trees to mention as great teachers and close friends over the years. He has also spent years in judo and jujutsu with Daryn and Dayn DeRose and a short but formative period with eventual Olympic Head Coach Yoshisada Yonezuka.

Chet studied Physics/Electrical Engineering and Mathematical Economics from Rutgers and Columbia Universities respectively. He has worked in international business for years both in the US and abroad, and has only been teaching informally as time would allow. He has used Daoist principles and fighting arts to survive and thrive in difficult situations, including war zones, board rooms, crisis management in business, health matters and peak performance endeavors. Chet is currently launching a company to bring his knowledge and experience to train people in the health care, business, education and law enforcement sectors.



### Always Be Practicing

AlwaysPractice

We practice, talk about and teach internal arts. What does that mean? Why haven't more people heard of them? We have much more time than we think to practice what we preach, and to have cumulative positive results from that practice. Essentially, you can always be practicing one or several components. This furthers our own skills, improves our health/mindfulness/presence, and can potentially create efficiency and fun in any waking activity. By doing so, we will be an ongoing self-improving example of what we are teaching. This in turn will create more awareness for the value of internal arts. Why practice only during class?!

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

**Track**    **Academic or Other**

**Location:**    **Bayside Field 3**

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