

**Symposium for Integrative Health Tai Chi Retreat  
September 7, 8, 9, 2018  
Maris Stella Conference and Retreat Center  
Harvey Cedars, Long Beach Island, New Jersey  
Workshop Leader Bios and 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. He has studied several forms of kung fu, although Tai Chi remains his primary interest.

Steve has taught Tai Chi to students of all ages, from elementary school to seniors in assisted living. He has presented 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.



### Two Person Sets – Practicing Yang Style Applications

ARBIT\_PartnerWr

Working with a partner is a great way to practice your Tai Chi. Mostly Tai Chi players practice working with a partner only in push hands. Choreographed two person sets is an additional way of learning. We will practice 2 moves and applications from the Yang style form: Fair Lady Works the Shuttles and Diagonal Flying. These moves were selected because they are common to many Tai Chi forms. Correct application of the moves will illustrate specific Tai Chi principles as well as general self-defense principles including:

- . 4 ounces overcomes 1,000 pounds
- . proper distancing
- . inside versus outside
- . importance of footwork (no hands Tai Chi)
- . taking your opponent's root
- . moving on a diagonal

If time permits, two different applications will be taught for each move.

Notes:

1. The applications taught may not be the same as the ones taught in your particular form, but they will serve to illustrate the above principles as well as how two person sets can improve your Tai Chi knowledge
2. This is not a competition. Proper safety and care for you and your partner will be maintained.

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

Track **Weapons**

Location: **Conference Center**

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## Laoshi Sandra Balint

Sandra has trained since 1991 in Chinese Fan discipline under three teachers: Zou Zhao Lan, Lu Yuzhi and Jiang Jianye. She has trained in, taught and performed a broad range of martial arts for three decades both empty hand and weapons routines, including fans. Her held workshops and/or appeared at the following events at: the Tai Chi Gala; the NYS Egg Theater for Chinese Cultural events; Turning Stone Casino; the International Women's Writing Guild's conferences at Skidmore College, Brown and Yale Universities; Skidmore College for the Women's Voices/Women's Visions Symposiums; for NYS Falls Prevention programs for the NY States' Bureau of Occupational Health and Injury Prevention Conferences; the Museum of Dance for Dance Alliance and Dance Plus programs and for the Fan Association of North America assemblages in Texas, Minnesota, Florida and Illinois. Sandra is a gold medalist in both Tai Chi and Kung Fu, an annual judge at the North East Open and a certified instructor in Tai Chi and Qi Gong. She has trained in the broad range of Tai Chi and Kung Fu disciplines: Yang, Wu, Chen, Hao, Sun, Wu Dang, He styles, Praying Mantis and Lo Han, as well as with weapons: spear, short and long staff, 3 section-staff, broadsword, straight sword and competition Kung Fu sword and fan. Her articles on Tai Chi and martial arts appear in the Jan/Feb 2014, Mar/Apr 2013 and Sept/Oct 2013 issues of Kung Fu Magazine. Her Kung Fu e-zine article on recovering from a back injury appeared 12/8/2007. An article addressing Falls Prevention was posted on KF e-zine 10/8/12, then reprinted in the New York State's Injury Prevention News in November 2012. Another of her KF e-zine articles (posted 1/22/2016) about hip replacements is both informative and upbeat as it explores this martial artist's experience in becoming bionic. Her interview on Tai Chi conducted by Melissa Rosati aired on blog talk radio (posted May 6, 2011) titled: Tai Chi in Between: Writing From the Dan Tian at: <http://www.blogtalkradio.com/31voicesmarch/2011/05/06/tai-chi-in-between-writing-from-the-dan-tian>



### Mu Lan Fusion Fan

BAL\_Fan

Mu Lan Fusion Fan is a 32 Form Double Fan routine created in 2014 by Sandra Balint, an international gold medalist in Chinese Fan Discipline. It was debuted at the Women's Voices/Women's Visions Symposium later that year at Skidmore College, Saratoga Springs, NY, where it was well received. This, however, is the first time Mu Lan Fusion fan is being offered. The time now seems appropriate for a workshop that can reintroduce to new generations the particulars behind the namesake of this new routine: Hua Mu Lan. Her heroic exploits captured in the 5-6th century Chinese epic poem, the Ballad of Mu Lan, are fascinating. According to this legend a young girl, not quite a woman, during a critical time in her nation's history, as well as her own family's, rose to prominence because of her strong step up to the plate values, her let's just get it done attitudes and finally, her "Ah, shucks, it was nothing" modesty when a terrible war ended and the dust finally settled. For as the story goes: she had taken her failing father's place in battle disguised as a man, been victorious, only to choose as her reward returning to her former quiet life. This was Shifu Balint's beginnings when she started studying Ying Mei Feng's Mu Lan Series in 1991 with two Chinese fan teachers, Zou Zhao Lan and Lu Yuzhi. This was one year after she began training with her present and longtime teacher, Jiang Jianye, in 24 Yang, 32 Sword and Qi Gong. Later she would take up Kung Fu. All three teachers, as a good fate would have it, were great taskmasters, but Jiang Jianye was also an excellent choreographer, who in time created many fan routines. Shifu Balint trained in five of them. Over time she has been exposed to a broad range of martial arts movements and technique under Shifu Jiang, training also in spear, long and short staff, 3-section staff, broadsword and straight sword, as well as empty hand routines in Tai Chi, Kung Fu and Qi Gong. Therefore this fan workshop represents a culmination of all these disciplines, so it seemed fitting that such a workshop will hopefully imbue each workshop participant with a real sense of inherent elegance, grace and power that holding a weapon can bring, even one as small as a fan. Come discover your inner warrior. Fans are available for use during class or can be purchased.

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

Track **Weapons**

Location: **Conference Center**

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## Laoshi Lucy Bartimole

Lucy has been studying martial arts since 1985 when she began Shotokon Karate under Howard Beebe, 5th Dan and began her internal martial arts journey in 1998 practicing taiji and qigong. She studied under Paki Sukwattana, Jeff Burton, Nina Sugawara. She has also learned greatly from experiences with Master Y. C. Chiang, Grandmaster Henry Look, Master Shi Zheng Zhong, Grandmaster Huang, Chien-Liang, Paul Taylor, Ghislain De Taillandier, Randy Elia, Dr. Jay Dunbar and countless others - but especially brave and patient students.



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### Tai Chi and the Essential Self

BART\_Essential

The Way that can be spoken of is not the eternal Way; the name that can be named is not the Immortal Name. Nameless the Source of earth and sky, names engender every thing. - Robert Rosenbaum (compiled 2013)

Dive into the nameless and experience it while charting a framework of your energetic body through a series of simple taiji postures. Learn techniques to enhance your experience of qi, becoming more fully aware of where it moves and where its blocked in your body. Qi stagnation creates issues in all areas of life: physical, emotional, mental, as well as spiritual. Uncover a clearer understanding of your body of qi with a focus on the 5 elements, 8 extraordinary vessels, the 12 meridians and simple techniques to get things moving again.

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

**Track**    **Taiji or Qigong for Health**

**Location:**    **Conference Center**

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## Laoshi Bill Douglas

Presenter, Bill Douglas and his wife Angela Wong Douglas, founded World Tai Chi & Qigong Day, which is celebrated annually in 100s of cities in over 80 nations, and has been officially proclaimed and supported by governments worldwide. This event's media coverage has resulted in over ONE BILLION potential viewers/readers being exposed to Tai Chi and Qigong, including coverage by CNN, FOX News, The New York Times, BBC Television, Agence France Presse Television, Associated Press Television, BBC World Radio, China's Xinhuan News Agency, China's Int'l News Network CCTV, and by regional and national news from Egyptian National TV News; Brazilian National TV News, etc.

Bill Douglas was commissioned by Prevention Magazine to create their Tai Chi tutorial on "Boosting Immunity Naturally with Tai Chi," and his global organizing and education work was cited in the Harvard Medical School to Tai Chi.

Bill was commissioned by a major pharmaceutical company to create a Tai Chi DVD for people dealing with Parkinson's Disease which has been provided by physicians and neurologists all across America to their patients.

He has taught through major medical centers across the nation, and currently teaches Tai Chi and Qigong for the University of Kansas Hospital pioneering Tai Chi programs for people dealing with Parkinson's Disease; Multiple Sclerosis; Heart Disease; Chronic Pain and other health issues.

Bill's DVD, Anthology of Tai Chi & Qigong: The Prescription for the Future was called "an excellent introduction" to the art of Tai Chi, by America's premiere library journal, Booklist Magazine, and his book was recommended by American Airlines inflight magazine "American Way Magazine."

Bill has studied and taught Tai Chi and Nei Gong worldwide over the past 40 years, and received top honors from some of the world's largest Internal Arts organizations, including:

The National Qigong Association  
US Tai Chi Chuan Federation  
World Congress on Qigong

Bill was the 2009 Inductee to the World Internal Arts Hall of Fame in New York.



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

DOUG\_NeiGong

In this 2 hour workshop we will explore the energetic nature of the universe, and how Tai Chi's foundational ancient Taoist philosophy is in amazing alignment with cutting edge Quantum Physics, Chaos Mathematics, and Neuro-Science. The Yin and Yang foundations of Tai Chi are understood on profound levels with the inner explorations of Nei Gong - Inner Energy Work.

This workshop will begin with an explanation of the science of our energy existence, to set the stage of an "inner journey" of consciousness and our energetic nature as living beings. Learn the "Unbendable Arm," the power of the "Microcosmic Orbit Completion," and how these things can apply to a vastly deeper and more powerful understanding of our Tai Chi practice. A series of Moving Qigong Meditations will follow Sitting Nei Gong Meditation, to bring these elements into motion.

A very Short Tai Chi Form will be taught to illustrate how these energy dynamics can be woven into any style of Tai Chi forms.

Presenter, Bill Douglas, will explain how these "internal energy meditations" set the stage for what eventually unfolded into the largest Tai Chi educational event in human history ... and how these internal practices can unleash the greatest potential all of us bring in our own individual ways to this planet.

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

Track **Meditative/Spiritual  
Development**

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

Jih\_Taoist

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 Sun 8:00 - 8:50 AM**

Track **Meditative/Spiritual  
Development**

**Location: Conference Center**

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## Laoshi Violet Li

- 12th Generation Chen Style Tai Chi Inheritor and Indoor Disciple of Grandmaster Chen Zhenglei
- Certified Tai Chi (Taiji) Instructor by Tai Chi Healthways, San Diego, California
- Certified Heart Zone Personal Trainer <http://www.heartzones.com/>
- Author of 500 plus articles on Tai Chi (Taiji), Qigong and Fitness with readership from more than 45 countries, and translated into Portuguese and Spanish
- Featured by NBC and NPR
- Taught Tai Chi/Qigong to more than 1,500 people of all ages in the U.S. and Taiwan
- Recipient of "(US) President Gold Medal Of Service Award" and "Media of the Year"
- Founder of "St. Louis Tai Chi & Qigong for Health"
- Founder of [www.VioletLiTaiChi.com](http://www.VioletLiTaiChi.com), an online publication dedicated to Tai Chi, Qigong, and health without any advertisement
- Studied Taichi and Qigong with Master Liu Jihong, Master Han Junsheng, Master Huixian Chen, Master Jesse Tsao, Master Zhang Xue-Xing, Master Miao Fu Sheng, Grandmaster Yang Zhenduo, Grandmaster Wu Wenhan, Grandmaster Ma Hailong, Grandmaster Sun Yongtian, and Grandmaster Dr. Effie Chow in addition to Grandmaster Chen Zhenglei.
- EMBA from Washington University, St. Louis, MO
- MA of Economics from Vanderbilt University, Nashville, TN



### Chan Si Jin (Silk Reeling)

U\_SilkReeling

The practice of Chan Si Jin can improve one's health due to Qi circulation and core development, elevate one's Tai Chi skill regardless the style that he or she practices, and greatly increase one's martial art power due to the employment of the coiling energy. Master Violet Li will explain what Chan Si Jin really is and teach six different basic Chan Si Jin routines. She will also include Tai Chi essential techniques of Feng Song (relaxing) and Koa Sitting (sitting the hip joints).

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

Track **Forms**

Location: **Conference Center**

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## Laoshi Ken Lo

Sifu Ken Lo is the 6th Generation head of Wu Mei Kung Fu, as the inner door disciple of Grandmaster Hseih Peng from 1973 until his passing in 1988. A disciple of Swami Shivom Tirth Maharaji in Maha Yoga since 1973. He a Feng Shui Master and Oracle, trained by Master Eng Suern Gwoo since 1990 to present, and student of Teamaster and Chinese Painter, Luo Chien Wu, from 1989 to the present. Sifu Lo is also a Chinese Calligrapher, Painter and Poet.



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### Cha Dao: The Way Of Tea

LO\_CHADAO

Ming Dynasty Tea culture expressed as an art form by modern day Artist-Scholar Sifu Ken Lo. You will be served Extraordinary teas unavailable in stores or online from Master Lo's personal collection, valued at up to \$4,000. per pound. The experience of aromas and tastes will transport you to the Heavenly Realms of the Eight Immortals and be an oasis from the mundane and troubled world.

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

Track **Meditative/Spiritual  
Development**

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 T'ai 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 T'ai 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 101th 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

PHIL\_Neutral

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 2:00 - 2:50 PM**

Track **Push Hands**

Location: **Conference Center**



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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.



### Vision of a Unified Integrative Health Network

RHOAD\_Unified

Currently Tai Chi and Qigong and other integrative health practices are split up into silos that often compete for resources and recognition. Separately, we can accomplish nothing. But together, we can accomplish a great deal. Together, we can raise our profile, increase our understanding of how integrative healthcare practices work, become recognized as a valid treatment by the medical community, and push to have insurance cover the costs for our patients and clients.

CJ Rhoads has been working on this vision for the past 15 years, and will not stop until the vision is made a reality. Not by her, for alone she can do nothing, but together with everyone else, with all the difference integrative healthcare practitioners everywhere - together we can accomplish a lot.

Listen to the vision and see what the future may hold for us, for the medical community - but most importantly, for those who are in ill-health and need to become well. Health and Wellness can be achieved by so many more people with integrative health practices. It's time to stand up and let them know it.

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

Track    **Academic or Other**

Location:    **Conference Center**

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## Laoshi CJ Rhoads

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### **Closing Ceremonies & Thought Sharing**

Closing18

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

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

Track

**Location: Bayside Field 2**

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

BrdMtg\_HPL18

HPL Institute, the parent company of both ASKLEPIOS and Taijiquan Enthusiasts Organization (hosts of the event) will hold its annual general meeting and Board meeting at 5:00 pm at the Zen Sushi Restaurant in Ship Bottom, Long Beach Island (close to the causeway that gets us off the island). There will be reports from over 30 programs and we will be welcoming new Board Members (Bill Douglas and Angela Wong) who were voted on and approved at the July meeting.

If you are interested in the wider organization beyond the Symposium and all the good work that this non-profit is doing, then please join us. The short meeting will be followed by Dinner.

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

Track

**Location: Zen Sushi Restaurant**

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## Laoshi Kevin Siddons

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.

Kevin has been teaching the following Qigong forms:  
The Muscle Changing Scripture Qigong (Yi Jin Jing);  
The beginning sets from the 18 Buddha Hands Qigong;  
The beginning of Jiao Guorui's 15 Taiji Movements Qigong; and  
Jiao Guorui's Bear Frolic from the Five Animal Frolics.

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 several Chinese texts:  
The Five Animal Frolics of 3 Qigong Masters: Hu Yao Zhen, Jiao Guorui, and Dai Ye Tao;  
The Qigong texts of Jiao Guorui (student of Hu Yaozhen); and  
A modern TCM university text titled Modern Qigong Science.



### The Bear Frolic from the Five Animal Frolics

SIDD\_BearFrolic

The Bear Frolic of Qigong Master Jiao Guorui focuses on grounding, balance, and leg strength.

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 Five Bear Walking forms of Jiao Guorui

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

Track Forms

Location: **Conference Center**

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## Laoshi Tom Tague

Tom teaches at Califon Karate Academy, Empower Fitness and The Journey Spiritual Center. He has studied locally with Master Irv Winn, Master Christopher Leyesa, Qigong for Healing, and Avalon Healing Arts. Tom has also studied with internationally acclaimed teachers; Dr Yang Yang, Dr. Roger Jahnke, Kenneth S. Cohen and the Tai Chi for Health Institute.



### Eight Pieces of Brocade Qigong

TAGU\_8pcBroc

The Eight Pieces of Brocade is one of the most classic 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.

This exercise is mentioned in several encyclopedias originating from the Song Dynasty. The Pivot of the Way (Dao Shi, c. 1150) describes an archaic form of this qigong.

The Ten Compilations on Cultivating Perfection (Xiuzhen shi-shu, c. 1300) features illustrations of all eight movements. The same work assigns the creation of this exercise to two of the Eight Immortals, namely Zhongli Quan and Lü Dongbin.

The exercise was later expanded from eight to twelve movements over the centuries and was described in the boxing manual Illustrated Exposition of Internal Techniques (1882) by Wang Zuyuan, a famed practitioner of the Sinew Changing Classic set.

Nineteenth century sources attribute the style to semi-legendary Chinese folk hero General Yue Fei, and describe it as being created as a form of exercise for his soldiers. The legend states he taught the exercise to his men to help keep their bodies strong and well-prepared for battle.

Martial historian Prof. Meir Shahaar notes Yue's mention as a lineage master in the second preface of the Sinew Changing Classic manual (1624) is the reason why he was attributed as the creator of Baduanjin qigong.

The Baduanjin as a whole is broken down into eight separate exercises, each focusing on a different physical area and qi meridian. The Baduanjin traditionally contains both a standing and seated set of eight postures each. In the modern era, the standing version is by far the most widely practiced.

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

Track **Forms**

Location: **Conference Center**

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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.



### Six Healing Sound Qi Gong

TANG\_SixHealing

The Six Healing Sound Qu Gong was found circa 250A.D. During Chin dynasty in China. The earliest record was found in the book called “Nourish Mind and Longevity Code” which was written by Tao Hong Jing(581-681), a famous ancient Chinese medicine doctor and thinker. There were many versions of Six healing Sound Qi Gong during 1400 years of history. This workshop will provide the most accurately version of it. It uses the sounds, breathing, movements and meditations to improve Qi circulation. It is a great form Qi Gong for new age people.

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

**Track Taiji or Qigong for Health**

**Location: Conference Center**

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



### The Body as Philosopher

WATS\_Philosopher

Mind and Body. Philosophy seems to be the work of the mind. Martial arts seems to be the work of the body. Taijiquan is the practice of conscious presence. The mind deeply invested in the body; the body fully in tune with the mind.

In this workshop participants and instructor will discover, develop, and dissect the philosophies at the root of our art...with our heart. With our bones. With our feet. We will see and sense how much more accessible are the normally and sorrowfully opaque lessons and promises of philosophy...when elicited by the flesh rather than the brain.

The body cannot be confused. When we believe the body has been confused, it is, in fact, the mind which is confused in its attempt to understand the body's circumstance. To enter the vault of philosophy, packed full over thousands of years with insight, wisdom, and humanity's treasures so easily that one feels as though the key is a newly remembered birthright is to all at once feel mastery. The key is not in the brain but in the body...the skeleton key.

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

Track **Academic or Other**

Location: **Conference Center**

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## Laoshi Loretta Wollering

Sf. Loretta has decades of experience studying, using, and teaching tai chi and other Taoist practices. She has also spent time teaching in academia and completing research in the field of ergonomics/human factors for engineering. She has been a nationally certified massage therapist as well, and has taught classes in tai chi and qigong to people of all different backgrounds and physical abilities. Defying medical odds, she used tai chi to cure Crohn's Disease and overcome a knee injury. She has used tai chi in to train and compete in full contact lei tai, but now focuses her energy to use tai chi and qigong to help successfully combat illness, aging, and develop internal strength and peace. She loves to help others discover how to think outside-the-box and use their practice to help them solve their problems. From her years of apprenticing under Shigong Jou Tsung Hwa and managing his retreat center, "Tai Chi Farm," traveling with him globally to assist teaching, helping manage his writing projects and curriculum, she maintains a focus on the old principles of tai chi while seeking to incorporate their understanding at the interface of modern science. She looks forward to exploring your ideas and questions together with you.



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

WOLL\_YiHealing

We are usually told that there is qigong for healing and qigong for martial art; that there is tai chi practiced as a martial art and tai chi specifically designed for self-healing. Through her years of experience practicing both aspects, Shifu Wollering boldly concludes that this is all wrong.

With just a few changes in the application of your Yi, she can help you experience a far simpler and higher level of understanding that is universal to healing or hurting. Yin is yang, and yang is yin.

Learn about the hidden concept of what Shifu Wollering calls the "Hannibel Lecter" principle and how to use it for either yin or yang application of your practice.

While you will also learn about the martial aspects of "hurting," you will leave the workshop feeling fabulous from a first-hand experience of moving energy and physical aspects of your body in a way to make you feel great, with unblocking what Chinese medicine refers to as "qi flow."

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

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## Laoshi Ramsey Yunan

Sifu Ramsey Yunan has been training martial arts for over 40 years and teaching for the last 25. His arts 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, Duan Zhi Liang, Waysun Liao, William C.C. Chen, Jou Tsung Hwa and Sydney Austin. He is a multi-time national push hands champion in several weight classes and now coaches for taiji competition. His current teaching focus is on Old-Hand Taiji and Kung Fu training methods.



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

YUNTempleBasic

Today it is common for people to learn a form first and then try to develop skills afterward. This method is popular because it gives a quick sense of accomplishment. However, it also makes learning the primary skills much more difficult because the complexity of the form obscures what's happening underneath.

Temple Style training is the old way that people learned healing and martial arts, but it requires a lot of patience and long term thinking. Typically, a person would go to a temple or school to undertake a program of study, much like at a university today. Also like a modern university, that program would consist of exercises that teach the basic skills and fundamentals. After the basics are mastered, lessons get progressively more complex to include forms and applications.

In this lecture, we will go over some of the most basic practices used to develop the primary internal skills such as balance, structure, movement and breath control. These are common to all internal arts and the Temple exercises provides a template for any kind of practice.

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

Track    **Academic or Other**

Location: **Conference Center**

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## Laoshi Chet Zeiger

2+ decades in qigong, baguazhang, taijichuan. Educated in Physics and Mathematical Economics. Worked in international business for years. Employed neijia principles and fighting arts to survive and thrive in difficult situations. Founder of recently launched QiBo Wellness, which teaches practical uses of qigong principles to health care professionals, corporations, and schools, emphasizing stress management, wellness and peak performance.. Chet has studied neijia extensively with Bruce Frantzis, Roosevelt Gainey, Frank Allen and others. In 2007, he was the interim CEO of a non-profit group, "Events of the Heart" where he introduced the keynote speaker, Dr. Mehmet Oz to qigong. Dr. Oz went on the Oprah show one month later stating that "if you want to live to be 100..do qigong" after Oprah asked him what was the best exercise. Chet is a member of the medical organization, the Academy of Professionalism in Health Care, where he is on the conference planning committee.



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

ZEIG\_ChineseApp

Presentation of a multifaceted program that originated in China based on qigong, herbal medicines and lifestyle changes that has been demonstrating remarkable success in treatment of these two autoimmune ailments.. The strategy is the key, which includes the order and method of treatment. Eventual wider spread of adoption of this program has the potential to reduce the percentage of these two syndromes from >5% of the US population to 2% or lower in the upcoming years, saving billions in healthcare costs. The benefit to society will be even greater as sufferers from FMS and CFS get their lives back, improving quality of life for themselves and those around them.

**Date and Time**    **Sat 11:00 - 11:50 AM**

Track    **Academic or Other**

Location: **Conference Center**

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