3rd Annual
Symposium for Integrative Health, Tai Chi & Qigong
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
7201 Long Beach Blvd
Harvey Cedars, NJ
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http://HPLConsortium.com
Sept 3, 2019

Welcome to the 3rd Annual Symposium

Dear Participants, Sponsors, Presenters, Volunteers, Workshop Leaders;

Another fabulous symposium is planned for Integrative Health, Tai Chi & Qigong in New Jersey. We have a wonderful lineup planned and many excellent workshop leaders and sponsors.

There are three hosts for this event: Asklepios, a loosely formed research group of people working on research papers in the field of integrative healthcare; Taijiquan Enthusiasts Organization, a society of people who are enthusiastic about Tai Chi (aka Taiji, Taijiquan, or Tai Chi Ch'uan), and Complete Mind Body Spirit Tai Chi Association. All of these organizations are programs under the auspices of HPL 501c3 Institute. HPL Institute is an umbrella organization with about 30 programs, all dealing with Health, Prosperity, and/or Leadership.

After the cleanup on Sunday, we are planning on holding a meeting to discuss plans for next year. Anyone is welcome to join the meeting. We may be changing venues and will be touring a potential new site.

This program guide contains a prodigious amount of information about our event; the workshops and their leaders, our sponsors, what is where at the retreat center, who to talk to, who are the volunteers, etc. Please review it so that you can gain some semblance of understanding. We hope that you might take the same kind of pleasure in partaking of this event as we experience in providing you with this event.

CJ Rhoads
(Chair of HPL 501c3 Institute Board of Directors)
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<th>Bayside Boardwalk or Beach</th>
<th>Murray Grove in Lanoka Harbor</th>
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<tbody>
<tr>
<td>Fri 5:30 - 7:00 pm</td>
<td>ALL: Potluck Dinner</td>
<td>SPT: Sunset Qigong on the Bay (weather permitting), Laoshi CJ Rhoads</td>
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<td>Fri 7:15 - 7:45 pm</td>
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<td>Fri 8:00 - 9:20 pm</td>
<td>SDC: Shared Play of Tai Chi, Laoshi Stephen Watson</td>
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<tr>
<td>Fri 9:30 - ??</td>
<td>PHA: Push Hands</td>
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## Saturday, September 7, 2019

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<tr>
<th>Day and Time</th>
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<th>Bayside Boardwalk or Beach</th>
<th>Murray Grove in Lanoka Harbor</th>
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<tbody>
<tr>
<td>Sat 6:15 - 7:15 am</td>
<td>ALL: Breakfast</td>
<td>SPT: Sunrise Qigong on the Beach (weather permitting), Laoshi CJ Rhoads</td>
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<tr>
<td>Sat 7:30 - 8:00 am</td>
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<tr>
<td>Sat 8:00 am - 9:20 am</td>
<td>HLT: Tai Chi Walk – the Only Exercise You May Ever Need, Stephanie Parello</td>
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<td>Sat 9:00 am - 10:30 am</td>
<td>HLT: Better Balance, David Vanadila</td>
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<tr>
<td>Sat 10:40 am - 11:50 am</td>
<td>PHA: Meditation in T'ai Chi form and push hands, Laoshi William Phillips</td>
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<tr>
<td>Sat 12:00 - 1:30 pm</td>
<td>ALL: Lunch</td>
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<tr>
<td>Sat 12:30 pm</td>
<td>ALL: Tai Chi Demonstrations</td>
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<tr>
<td>Sat 1:30 - 2:40 pm</td>
<td>SDC: Chen Style Kua Development Exercises, Laoshi Ramsey Yunnui</td>
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<tr>
<td>Sat 2:50 - 3:50 pm</td>
<td>FRM: Animals of Long Fist, Steven Arbitman</td>
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<td>Sat 4:00 - 5:00 pm</td>
<td>FRM: Creating a Form with Intention &amp; Meaning, Laoshi Stephen Watson</td>
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<tr>
<td>Sat 5:10 pm</td>
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<td>ALL: Symposium Group Picture</td>
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<tr>
<td>Sat 5:30 - 7:00 pm</td>
<td>ALL: Catered Celebration Dinner</td>
<td>SPT: Sunset Qigong on the Bay (weather permitting), Laoshi Issie Elston</td>
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<td>Sat 7:15 - 8:15 pm</td>
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<tr>
<td>Sat 8:30 pm - 9:30 pm</td>
<td>SPT: Community Gathering, Laoshi CJ Rhoads</td>
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<tr>
<td>Saturday 9:30 - ??</td>
<td>PHA: Push Hands</td>
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To get a copy of this schedule on your phone, go to http://syyhtq.org/docs/EventScheduleSummary.pdf

The official picture this year will be taken on Saturday at 5:10 just before we eat. (The picture you see here is from 2018).

Demos will take place just after lunch on Saturday. People can eat leftovers from the potluck or grab lunch from elsewhere and bring it over to watch the demos. The community gathering on Saturday evening will be sharing and discussing, a bonding experience you won't want to miss.

After the final workshop we will gather for a short thought sharing session and closing ceremony. Then we will ask people to help cleanup. After the cleanup at Maris Stella, anyone who wishes to may join us for the planning session for the following year's event. We will be discussing improvements and lessons learned, as well as options including a tour of another potential venue. In order to join us, you must sign up at the registration desk. And you will be asked to pay for your own dinner ($15) if you join us.
Please Thank Our Sponsors!

The costs for this event, you may have noticed, are relatively low. That is because our sponsors help cover some of the costs of planning and putting on this event. Please show them your gratitude by patronizing their organizations.

**Patience Tai Chi Association, Bill Phillips**

Since 1970, the Patience T'ai Chi Association (PTC) has taught Tai Chi and other Martial Arts to thousands of students. Today, we are dedicated to teaching Tai Chi exclusively in all of its aspects: as a moving meditation, for its health benefits, and of course, the sport of Push Hands, and as a high level Martial Art. We also invite practitioners of other Martial Arts to study with us to improve skills in their chosen Art.

**EZ Qigong-Tai Chi**

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Skylands Energy Arts

SkylandsEnergyArts.com

SkylandsSQTC@Outloo.com
Tai Chi Gala

Whether you’re new or familiar with Tai Chi, the Chinese healing arts, or martial arts... This June 2020 weekend is for you! Experience this intriguing, fun, and life transforming event.

...taichigala.com

PRESENTING

Grand Master Bengang Wang
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Pres. & Founder: Injl. DaChengdao Inc.
5th Gen. Lineage Holder: N. Hsu Style Plum Blossom
Mantis under Hao Wei Zhi
3rd Gen. Lineage Holder: DaChengdao (yiquan)
under Wang Pean Lai
6th Gen. Disciple: Sanli Style Kingquanz and Cheng Style Bagua Sheng under Z. Tai Liang
World’s Leading Expert: Mantis & 2-Hand Sword

Laochi John Chen, L.Ac.
800 Broadway
Founder & Director, Wu Tang Dao School & Dao Acupuncture Clinic
Licensed & Board Certified Acupuncturist
Ged of Eastern School of Acupuncture & TCM
4th Degree Black Belt, Wu Tang Martial Art System
(Orig. Founded in Taiwan)
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A Modern Approach to Ancient Wisdom

Two Asian Masters Come Together to Explore The Root of Tai Chi Health Benefits & Meditation in Motion

Join Us at The Abington Arts Center
Saturday, October 5, 2019
10:00 - 1:00
$75 Call for Details 215.882.2804

All Are Welcome
No Previous Experience Necessary

Abington Arts Center, 515 Meetinghouse Rd., Jenkintown, PA 19046
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Registration by cash, check, or credit card. No credit card, address to John Chen
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Qigong
- Taijiquan
- Baguazhang
- Xing Yi Quan
- Wu Long Quan
- Kun Tao Silat
Please Thank Our Volunteers!

In addition to the workshop leaders and presenters, there are several people who volunteered to do the heavy lifting for the tasks during the Symposium. They will be staffing the registration table, helping people to find where they are going, putting up signs, answering questions, putting out the food for breakfast and lunch (see the info on Meals below) and the like. You can call CJ Rhoads (610-468-5039), but also feel free to call any of the volunteers if you need something, as they can handle many of the typical requests for information.

Ms. Jacqueline L. Blatt          jacqui_blatt@yahoo.com          267-673-4609
Dr. Sharon M. McLendon, Ph.D.    smclendon1@verizon.net        610-781-5997
Ms. Sarah Schwartz               tranquility@gmail.com           443-896-3876
Mr. David Vanadia                david@vanadia.com              646-415-1692
Ms. Deborah Mertrud              debmertrud@gmail.com            973-222-8945
Thank our Workshop Leaders & Presenters

We wouldn't be anywhere without the people who volunteer their time and energy to make this Symposium happen. We know that most of these workshop leaders are esteemed, well known in their own Tai Chi, Qigong, Reiki, Massage, and many other Integrative Health Practices and Arts. This is the kind of community that makes things happen, the kind that can support each participant on their own journey toward health, prosperity, and leadership.

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<th>company</th>
<th>phone</th>
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<tbody>
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<td><a href="mailto:taichi@starbits.com">taichi@starbits.com</a></td>
<td>baztaichi.com</td>
</tr>
<tr>
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<td>Patience Tai Chi</td>
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<td><a href="mailto:isse@cmbstaichi.com">isse@cmbstaichi.com</a></td>
<td><a href="http://www.utytaichi.com">www.utytaichi.com</a></td>
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<td><a href="http://www.HPL501c3.org">www.HPL501c3.org</a></td>
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<tr>
<td>Laoshi William Phillips</td>
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<td><a href="mailto:Spiritptc@gmail.com">Spiritptc@gmail.com</a></td>
<td><a href="http://www.patienceTaiChi.com">www.patienceTaiChi.com</a></td>
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<tr>
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<td>Patience Tai Chi</td>
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<td><a href="mailto:Spiritptc@gmail.com">Spiritptc@gmail.com</a></td>
<td><a href="http://www.patienceTaiChi.com">www.patienceTaiChi.com</a></td>
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<tr>
<td>Laoshi Tom Tague</td>
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About Tai Chi and Qigong and Benefits

Most (if not all!) of the organizers and presenters of this event have been practicing Tai Chi and Qigong for many years, and each personally gets a great deal of benefit from the frequent practice of Tai Chi and Qigong. But our Symposium is also for the complete newcomer, for those who don't know anything about it. If you are new to the art, here is some introductory material on what it is all about.

What is Tai Chi, Qigong, Push Hands, and More

It all started with an ancient martial art in China. While the long and esoteric path of the actual history is beyond the scope of this document, suffice to note that in the 60's and 70's several well-known practitioners of this art spread beyond the borders of China into other countries, including the United States. Today, there are five well-known "family styles" of Tai Chi; Chen, Yang, Sun, Wu, and Wu Hao. Each style has a formalized student-teacher structure, with a "lineage holder" who teaches the family "forms" (very specific movements designed on for self-defense and based on the principles that are memorized and performed to exacting specifications). To those who have practiced Tai Chi for many years, the styles are recognizably different. Family forms may be open hand or weapon-based (fan, sword, staff, etc.) However, there are also many hundreds of other styles, either deriving from one of the original five family styles, developed by a committee, or developed independently.

Also started in ancient China was Qigong; an "energy exercise", not necessarily based on a martial art. It combines deep breathing, focused intention, and slow repetitive movements. To most, Tai Chi is a subset of the overarching category of Qigong. (To a few, Qigong is a "warm up" for Tai Chi, and to others it is a healing practice not associated with the martial art. There is much controversy around this relationship, unfortunately.)

Tai Chi also encompasses the practice of Push Hands, also known as Sensing Hands. After students learn the Tai Chi Form, to "test" their ability to sense the center of their opponent, the students work together in drills, taking turns in applying the different techniques. Eventually, they can start competing with each other, trying to unbalance the other while remaining balanced themselves. You may note that people who enjoy doing this activity will gather together and do push hands at the drop of a hat. Look for informal push hands practitioners in the evening, after meals, and during dinner. If you've never done Push Hands before, please find Laoshi Ramsey Yunan who is always willing to help people learn this aspect of the art. Always make sure that your partner knows your level of play so that more experience players can be gentle with less experienced players. Thoughtful experienced players will provide the same "attack" 4 or 5 times in a row for less experienced players (without saying a word) so that they can figure out a way to neutralize the attack on their own.

Benefits of Tai Chi

Those of us who practice Tai Chi can't understand why everyone in the whole world doesn't do it every day. It's hard to know where to begin, because the benefits are so numerous. Of course, there are benefits such as "it looks cool", and "it's fun to do". It can be applied as a practical and effective system of self defense. And you can compete in national and international tournaments and competitions if you are so inclined. But the biggest benefits of practicing Tai Chi every day comes from the health-side effects of the practice. Basically, it can have a powerful impact on the body, and there are many documented cases of its ability to improve health.

Mayo Clinic recommends Tai Chi. They have produced many studies on the benefits, and have stated:

Preliminary evidence suggests that tai chi may offer numerous benefits beyond stress reduction, including:

- Reducing anxiety and depression
- Improving balance, flexibility and muscle strength
- Reducing falls in older adults
- Improving sleep quality
- Lowering blood pressure
- Improving cardiovascular fitness in older adult
- Relieving chronic pain
- Increasing energy, endurance and agility
- Improving overall feelings of well-being
Harvard Medical School recommends Tai Chi: "A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life. According to the Harvard Medical Newsletter, Tai Chi can prevent or ease many ills of aging such as joint and muscle pain, cognitive decline, difficulty in sleeping, trouble with balance, labored breathing, weak heart and many others. Tai Chi often described as "meditation in motion," but they say it might well be called "medication in motion." Tai chi is the perfect activity for the rest of your life.

Proven benefits include:

- Improved strength, conditioning, coordination, and flexibility
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Enhanced sleep
- Greater awareness, calmness, and overall sense of well being
- Prevention and easing of shingles pain
- Prevention and easing of fibromyalgia pain
- Greater stamina and vitality
- Reduced stress
- Enhanced immune system
- Improved cardiovascular, respiratory, circulatory, lymphatic, and digestive function
- Prevention and easing of shingles pain
- Lower blood pressure

**Taiji/Taijiquan/Tai Chi/Tai Chi Chuan/Qigong/Chi Kung and Titles**

One of the points of confusion is the fact that the Chinese language does not have letters, but has pictograms. In the sixties, the method of transliteration (converting pictograms to letters) was called Wade-Giles. In that method, the Chinese words are T'ai Chi Ch'uan and Chi kung. In the eighties a different method of transliteration, Pinyin, was used. In that method, the Chinese words are Taijiquan and Qigong. All of this is very confusing (at least it was to me!). In order to make the whole thing easier for people to understand and the scientific community to obtain evidence, in research we use Tai Chi to mean both Taijiquan and Qigong. You will note many of the healthful practices called Tai Chi (such as Tai Chi Easy and Tai Chi Chih) are actually Qigong forms; not necessarily based on one of the five family's martial art.

Another point of confusion in this umbrella world of integrative health is what to call the teacher. There are many terms that could be used; Master, Teacher, Professor, Sifu, Sigue, Shifu, Guru, Dr., Coach, Leader, God, Goddess, (okay, those last two don't really belong. <joke>). In the world of Tai Chi and Martial Arts, Sifu is most often used, but that is a term often reserved for a student for his or her actual teacher.

Laoshi, on the other hand, is a term that simply means "honored teacher", so we often use that term for those who are doing workshops and presentations. Feel free to simply say "Lao shi" (which is pronounced "lou shur" when addressing any of those who are leading the workshops and giving presentations, especially if you don’t know their preferred title.)
About Maris Stella

Maris Stella Mission Statement

Maris Stella, a ministry of the Sisters of Charity of Saint Elizabeth is a center that provides a ministry of hospitality, offering space and nourishment to individuals and groups seeking physical, psychological and spiritual enrichment. Located on the Atlantic Ocean and Barnegat Bay, it is a rich resource for study and reflection on the sacredness of creation.

Sister Mary Morley, Administrator – Cell: 973-975-3394
Sister Pat Dotzauer, Asst. Administrator – Cell: 973-919-2923

LBI is long, and narrow. In most places, LBI is only two blocks wide, with the Long Beach Boulevard running down the length of the island. Harvey Cedars is on the north end (so you turn left after getting on the Island from the Causeway, the only bridge on and off LBI).

LBI has an immense number of attractions including the Barnegat Lighthouse, Fantasy Island Amusement Park, LBI Foundation for the Arts and Sciences, the Museum of Maritime History, and Viking Village. But the most popular attraction on LBI is, of course, swimming and surfing in the ocean, laying on the beach, or boating on the bay.

In the fifties, the Sisters of Charity purchased the estate of John Small, the founder and CEO of American Express, who owned all the land on both sides of the boulevard from beach to bay. Over the years they have built dormitories, houses, and conference centers and recently opened up the facilities to select outside groups.

Onsite Housing

The house that we have rented is called Holy Family. Sister Mary Morley, the administrator of the facilities, lives in half the house. We are renting the other half. The rooms don't have room numbers, so we've named them after Tai Chi styles: Chen, Yang, Sun, Wu, & Wu Hao.

The rooms are dormitory style, with shared bathrooms. Sheets are provided, but not towels, so bring your own towels. There are a limited number of beds, so in the future years, if you wish the onsite accommodations, you need to register very early. Those who are in the onsite housing must clear out of their rooms by 11:00 on Sunday, September 8. Items can be stored in the conference center.
Conference Center, Parking and Registration

If the weather is nice, workshops may be conducted outside, so be sure to bring sunglasses and sunscreen and wear appropriate clothes and shoes for activities in the fields around the grounds or on the beach. The fields get marshy in rain, so bring appropriate shoes. Sometimes it gets very cold in the morning and evening, so bring warm clothing. Usually the ocean is warm, so you can go swimming if you bring a suit too – (and bring your own towels).

Sunrise Qigong will be on the Beach (across the street and over the dunes, right in front of the walkway to the beach marked Maris Stella). Sunset Qigong will take place on the boardwalk around the Bay. This meditative activity is not a formal workshop with talking or explanation. Instead, it is a time for you to relax and get in touch with nature. The workshop leaders will simply do their forms with little-to-no explanation and you are expected to follow along as well as you can. If you would like more instruction on any exercises or activities, contact the leaders and I'm sure they will be happy to go over the forms or postures in detail.

The workshops and meals will take place in the Conference Center.

Meals

We tried something new last year, and it seems to have worked pretty well, so we are going to do it again the same way.

Friday Dinner

Friday evening will be a potluck, so plan on bringing something to share. We expect between 15 - 20 people for dinner on Friday. We are gathering around 5:00, and dinner should be ready for everyone by 5:30. People can use the oven, stove, and refrigerator in Holy Family. Deb Mertrud will be calling people to find out what they are bringing so that we don't have too much duplication, so if you want to confer with her on what to bring, give her a call.

Saturday Dinner

Saturday Evening is a wonderful catered hot buffet dinner from one of the top-rated caterers in New Jersey, Bruno's. The meal we have chosen is…

- Tossed Salad
- Fresh Bread
- Fresh Shrimp Platter
- Potato Croquets and Rice Ball platter
- Linguine with Clam Sauce
- Eggplant Parmigian
- Balsamic Glazed Chicken
- Marinated London Broil
- Broccoli Oreganata
- Broccoli Rabe
- Green Bean Almondine
- Grilled Assorted Veggies
Sunday Dinner
On Sunday, after the Symposium is over, anyone who wishes to join us for the planning meeting for the following year is welcome to do so. We will be going over what went well at the Symposium this year, and what lessons we learned from things that didn't go well. We will talk about ways to improve the Symposium, and any changes we would like to make for the following year. We will also be touring another venue (Murray Grove Retreat Center, about 30 minutes away) and discussing different options for timing and location. Afterwards the Chef at Murray Grove will prepare a delicious roasted vegetable lasagna for us, one of their most popular meals and something for which they are especially known.

Breakfast and Lunch
Officially, breakfast and lunch are on your own. However, anyone wanting breakfast is welcome to join the household in the Holy Family kitchen or on the deck by the bay (depending on weather). Cereal, bagels, yogurt, and the like will be provided for anyone who wishes to join us for breakfast. For lunch, leftovers from the potluck and/or dinner will be available in the conference center. Additionally, there are also several good breakfast and lunch places on the Island. We might suggest, if you are not in the mood for leftovers, meeting others from the group at one of these places:
Saturday Lunch: The Greenhouse Cafe, 605 Long Beach Blvd, Ship Bottom, NJ $$$
Sunday Lunch: Neptune Market, 8014 Long Beach Boulevard, Harvey Cedars, NJ 08008 $$

Just be sure to come back in time for the demonstrations on Saturday at 12:30.

On Sunday, if there are any leftovers, please take food with you when you go. We hate to see food wasted, and will have containers on-hand for anyone willing to take food home.

Evaluations
There will be evaluations available for each workshop, as well as an evaluation for the entire weekend. Please do us the favor of filling out the paper evaluation for every workshop, and filling out the electronic survey for the whole event. While we can't fix those things we did wrong this year, we can always fix issues for next year – but only if we know about them. Our hope is to provide everyone with the best time, with the most informative workshops, with the friendliest people, in the most amazing setting we can find. But we are only human and make lots of mistakes. Let us know what you liked the best. But more importantly, let us know about ways that we can improve for next year. We know we can't please everyone all the time, but if we please enough people enough of the time, perhaps you'll keep coming back each year, bringing your friends and family with you.

In any case, we are so glad you are here. We'll let you know about next year as soon as we can.

In Summary
We hope that you have a great time, learn a lot, and tell others about this wonderful event. But most especially, have fun and stay healthy.
Our Hosts:

**Aklepios** is a group of researchers dedicated to ensuring rigorous and scientific methods are applied to research on integrative healthcare studies such as Tai chi, Qigong, Massage Therapy, Yoga, Pilates, Meditation, Music Therapy, Animal Therapy, Physical Therapy, Nutrition Therapy, Lifestyle changes, and other holistic mind-body practices. The researchers encourage well-developed research design and publish reviews based upon the research agenda that includes double-blind control groups, random subject assignment, prescriptive frequency and duration guidance, and specific in-depth descriptions of behavioral therapies that include thought clues for the mind and exact directions for movements rather than ambiguous and simple descriptions such as the names of Yoga postures or Tai chi forms.

**Taijiquan Enthusiasts Organization** is also a program of the 501c3 non-profit world-wide organization HPL 501c3 Institute. Our mission is to share the benefits of Taijiquan. We respect and honor all Taijiquan traditions and styles. We aim to:

- increase general knowledge of tai chi
- increase the quality of tai chi everywhere
- maintain a record of tai chi history
- understand the Chinese culture, which is the source of tai chi
- integrate tai chi principles into leadership & conflict resolution programs

Taijiquan Enthusiasts Organization is currently without any leadership, so if you are interested in leading this worthwhile organization, please talk with CJ Rhoads.

**Complete Mind Body Spirit Tai Chi for Health Association** is an all volunteer, non-profit 501c3 organization started by David Elston-Phillips and Isse Elston. While David, sadly, passed away, Isse still teaches both public and private classes in Bucks County, Pennsylvania. Classes include all skill levels. It is a co-operative learning environment, not competitive. A typical class usually consists of an assortment of activities. These can include: Yang style short form, Qigong, the Animal Frolics, the Eight Brocades, Shaolin Temple exercises, the Five Elements and the Four Directions, and a meditative form drawn from Falun Dafa (sometimes called Chinese Yoga).