2nd Annual
Symposium for Integrative Health, Tai Chi & Qigong
September 7, 8, 9, 2018
Maris Stella Conference and Retreat Center
7201 Long Beach Blvd
Harvey Cedars, NJ
September 7, 2018

Welcome to the 2nd Annual Symposium

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

It is so wonderful for you to join us at Maris Stella Conference and Retreat Center between the beach and the bay, in Harvey Cedars, Long Beach Island, New Jersey for our annual Symposium for Integrative Health, Tai Chi & Qigong event.

There are two hosts for this event: Asklepios, a loosely formed research group of people working on research papers in the field of integrative healthcare; and Taijiquan Enthusiasts Organization, a society of people who are enthusiastic about Tai Chi (aka Taiji, Taijiquan, or Tai Chi Ch'uan). Both 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.

As is often the case, we are going to hold HPL 501c3 Institute Board Meeting on Sunday after the event at the Zen Sushi restaurant here on LBI. Anyone is welcome to join the meeting. We are especially excited this year because the Board just approved Bill Douglas as a new Board Member, and he will be taking on the challenge of Vice Chair.

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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Event Schedule Summary

Sep. 7th, Sunset Qi-Gong (7:00 - 7:50 pm)
- Laoshi Stephen Watson: Rewinding the Winding Turbidities of Extremities
- Laoshi CJ Rhoads: Pains Freeing QiGong

Sep. 8th, Sunrise Qi-Gong (6:10 - 7:30 am)
- Laoshi Lucy Bartimore: Shiba Louhan QiGong
- Laoshi Jing-san Tang: Zhu Neng QiGong
- Laoshi Kevin Siddons: Five Taiji QiQong

Sep. 8th, Sunset QiGong 7:10 - 7:50 pm)
The official picture this year will be taken in two sessions: at 5:15 just before we eat on Saturday, and for those who weren't there on Saturday, on Sunday after lunch at 1:00. We will try to photoshop the two groups together, so only show up for one or the other (The pictures you see here are from 2017 on both Saturday and Sunday at different times – but we weren't very organized then, so we'll try and do better this year.)

Demos will take place just after dinner on Saturday. After dinner will be a group meditation on the beach, followed by sharing and frivolity in the conference center. Come and get to know each other and talk about the years to come.

After the final workshop (the Tea Ceremony) we will gather for a short closing ceremony and thought sharing session. Then we will ask people to help cleanup. After the cleanup at Maris Stella, anyone who wishes to join us is welcome to come to the HPL Institute Board meeting at the Zen Sushi Asian Cuisine in Shipbottom at 5:00 pm (where the complete finances of the event will be presented), and then eat dinner around 5:30.
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. The first level of sponsorship is a Top Sponsor. Top sponsors get as advertisement in this program guide, an honored place on our sponsors page on our website, and an introduction at the banquet. This year our two top sponsors are Violet Li Tai Chi and Patience Tai Chi:

**Sponsors**

We greatly appreciate our top sponsors, so please help us thank them as well. VioletLiTaiChi.com, Patience Tai Chi

**Violet Li Tai Chi**

Violet Li Tai Chi is a proud sponsor of the Symposium. You can read quality, unbiased articles on Tai Chi and Qigong at www.VioletLiTaiChi.com.

"May all attendees be happy, stay healthy, and enjoy harmony."

**Patience Tai Chi Association, Bill Phillips**

Since 1970, the Patience Tai 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.
The second level of sponsorship are Supporting Organizations. Supporting Organizations are listed in this program guide as well. They also get mentioned at the Friday dinner (and introduced if they are attending).

This year our supporting organization sponsors are:

**Allen Zaklad, Mt Airy Tai Chi**  
**Loretta Wollering, Tai Chi Gala**  
**Betsy Scott Chapman, The Tai Chi Academy**

**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.

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Thank our Workshop Leaders & Presenters

We wouldn't be anywhere without the two dozen 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. We know that they could command top dollar to share their talents, skills, and expertise. But they come together and volunteer at this event, caring only about the health and welfare of the people who come here. 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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About Tai Chi and Qigong and Benefits

While we are hoping, in future years, that this Symposium for Integrative Health will encompass more than just Tai Chi and Qigong, we can't help but recognize that the roots of the organizers of this event all have at least one of their feet planted firmly in that world. Many have more than 25 years of experience in this healthful martial art, and many practice the art for more than just healthful purposes. For those of you a bit new to the art, here is a bit more information to help you understand how these all fit together.

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 experienced 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
- 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, and Lord, (okay, that last one didn'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 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

After two years on the waiting list, we were lucky enough to get a spot at Maris Stella Conference and Retreat Center. Now that we have it, as long as all goes well*, we will keep our spot (the second weekend in September) year after year so that we can return annually to one of the most beautiful places on earth, Maris Stella in Harvey Cedars, Long Beach Island (LBI).

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. There is a joke; when you arrive on LBI, the have turn right and the have mores turn left. Billy Joel used to have a house in Loveladies, the next beach up from Harvey Cedars.)

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, 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.

* While it goes without saying, just to be sure, we will say it. This means BEHAVE! Treat this space as a reflection of the revered space that it is. Please follow the rules, don't make too much noise, pick up all trash, and show respect to all things, both living and non-living, while within its hallowed grounds and on neighboring properties. Please don't do anything that would cause the cancellation of our agreement in future years to share this wonderful and blessed space. While we all love fun and carousing, please take boisterous behavior to another location on the Island.
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 9. Items can be stored in the conference center.

When Leaving...Holy Family

DEPARTURE TIME: by 11:00 AM

PLEASE be sure to do the following:

- Sheets/towels/bathmats - bring to basement/put on table
- Comforters/blankets put back on bed
- Check drawers in bedrooms for personal items
- All appliances turned off: fans, air conditioners, lights, windows closed etc.
- Kitchen: Counters wiped clean/dining room table cleaned
- Dishwasher/coffee pots emptied
- Refrigerator emptied & cleaned/ALL food removed
- Carpets vacuumed; dust furniture and house left clean
- Kitchen and dining room swept
- All trash put in dumpster - tie bags
- Recycle cans, bottles only - do NOT put in bags
- Tie up newspapers and put with recycling
- Empty trash cans from bedrooms/bathrooms
- Vacuums are in the closets on both floors
- All furniture returned to original place
- AWNINGS IN - SWITCH IN MIDDLE
- KITCHEN and BATHROOM floors will be washed by the Housekeeping Staff of Maris Stella

PLEASE REPORT:

- Anything not in good working condition

We appreciate your cooperation in helping us maintain our buildings

$250 fee for any stains left on furniture or rugs

THANK YOU!
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

Unlike last year when every meal was catered, this year only the Saturday dinner will be catered.

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. We've polled people to see what they would bring. So far, we have people bringing the following for the potluck:

- meat lasagna (from the Italian restaurant in LBI)
- brisket with special BBQ sauce and cole slaw
- 50 tea eggs
- pasta salad
- fruit and veggie platter
- homemade spelt bread
- beverages and cases of water
- pasta salad
- hummus, cheese, and crackers
- layered potato dish
- vegan rice, vegetarian brownies, and maybe peaches and apples

If you didn't tell us what you were bringing, bring something that will compliment what is already being brought.
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
- Vegetarian Pasta Fagioli
- 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 HPL 501c3 Institute Board meeting is welcome to do so. We will be gathering at the Zen Sushi Asian Cuisine at 1220 Long Beach Blvd, Ship Bottom, NJ 08008, for our very short board meeting at 5:00. We expect to eat around 5:30 – feel free to join us just for dinner if you wish. Please expect to pay for your own dinner.

Breakfast and Lunch
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 $$$
Sunday Lunch: Neptune Market, 8014 Long Beach Boulevard, Harvey Cedars, NJ 08008 $$

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 evaluation (even if you think it is a PATA). 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. If you have issues, let us know so we can fix them. But most especially, have fun and stay healthy.
Our Hosts:

Asklepios 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. Asklepios is also dedicated to ferreting out non-reproducible therapies that rely upon "magical" powers of a single guru. We discourage pseudo-science. Clinical studies should always include a control group, randomization, and be done on groups of subjects large enough to reach statistical significance in order to be published. The large number of "pilot" studies or research which seems to have the primary purpose of providing evidence only on a single form or practitioner and do not follow scientific principles do more harm than good for the overall goal of providing solid reproducible evidence of the power of integrative health practices such as Tai Chi, Qigong, Massage, Yoga, Pilates, Medication, Music Therapy, Animal Therapy, Physical Therapy, Nutrition Therapy, Lifestyle changes, and other holistic mind-body practices.

Taijiquan Enthusiasts Organization is also a program of the 501c3 non-profit world-wide organization HPL 501c3 Institute. We are an open society of Taijiquan enthusiasts dedicated to practicing Taijiquan (also known as T'ai Chi Ch'uan, Tai Chi, or just Taiji). Tai Chi includes three pillars of Internal Martial Arts Practice: Form, Qigong, and Push Hands.

Taijiquan is an ancient Chinese martial art known for its health benefits as well as being functional for self-defense. 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 and conflict resolution programs