

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



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 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.



Animals of Long Fist

AnLongFst

Tantui has 12 short forms, each of which is modeled after the fighting spirit of a different animal. We will begin with the dragon and depending on time, we may also practice the panther, the anaconda, the gorilla, the horse, the hawk, and possibly others. In addition to the stretching benefit, a part of each form will be extracted and practiced for its martial effectiveness and/or for its relationship to a Yang style taiji move.

Young attendees and yoga aficionados will love this form as they will get to show off their youthful flexibility in contrast to the rest of us who will take appropriate precautions to stay within our limits and avoid over-stretching.

The goal of this workshop is not to memorize a new form, but to loosen up and to provide attendees with exercises that help explain some applications in taiji and also help improve some of the more difficult moves like "snake creeps through grass".

Date and Time Sat 2:50 - 3:50 pm

Track **Forms**

Location: **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Laoshi Isse Elston

Marie Louise Elston has been teaching Tai Chi and Qigong for over forty years. She and her late spouse, David Elston-Phillips, were founders for the Taijiquan Enthusiasts Organization and its parent organization, HPL 501c3 Institute (main hosts of the Symposium of Integrative Health, Tai Chi, and Qigong). She is the principle of Complete Mind Body Spirit Tai Chi Association which offers four tai chi and qigong classes every week in Middletown and Falls Township in Bucks County, PA.



Sunset Qigong on the Bay (weather permitting)

SunsetQigong19

For a quiet meditative and reflective end to a wonderful day, join various leaders on the Bay Boardwalk for Qigong.

Date and Time **Sat 7:15 - 8:15 pm**

Track **Meditative/Spiritual
Development**

Location: **Bayside Field 2**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Stephanie Parello

Stephanie began her martial arts training in earnest upon turning her life upside-down to relocate to Sydney Australia for work. There, she finally found the right teacher, and took up with zeal an obsessive study of Chen-style Tai Chi, Ging-Mo-Kune Kung Fu, as well as fitness in general. Stephanie has been teaching Tai Chi for over a decade — in Australia (where she trained) and New York (where she lives again).

An eclectic polymath, Stephanie's most prominent super-power is being a natural-born teacher. She possesses an almost magical ability to disentangle complexities, remember what it's like to be a student, and meet people exactly where they are. She has taught such diverse subjects as mathematics, university-level astronomy & astrophysics (in addition to academic research on the subject), bubble-ology, music, paper arts & engineering, swimming, herbs & their uses, SPIN®, anatomy, self-massage, fitness, and body-mechanics — all to a range of audience from complete novice to advanced.

Stephanie's teaching style is at-once friendly yet firm, and she prides herself on mentoring each student at their own level & abilities, guiding them to improve their strength, balance, flexibility, & overall health – in mind, body, & spirit. She loves and welcomes questions from students, as these indicate that the student is ready for the answer. And if she doesn't know the answer, she delights in the challenge of finding and sharing it with her students.

Her years in science-museum education goes back decades — managing programs and personalities at world-class institutions; developing, presenting, producing, & directing projects, events, & curricula; writing, editing, layout, & graphic design; and global travel to present at international conferences — and cultivated in her an appreciation of the greatness of cultural and individual diversity.

Stephanie honors the legacy of those who've gone before us in tai chi, qigong, and taoism; and strives to uphold the integrity of the ancient teachings, with modern interpretation and the humble spirit of sharing and continually learning.

She can be found building a community of practioners thru small group classes in Staten Island — in which everyone learns from and supports each other.



Tai Chi Walk – the Only Exercise You May Ever Need

TCWalk

Such a bold statement! Too good to be true? Most people tend to think of Tai Chi as “the Form” – whatever form that may be. However, taking a broader perspective of the underlying philosophy of tai chi reminds us that the literal supreme ultimate interplay of yin & yang is what it's all about. Embracing this idea allows any movement to become a practice of tai chi — the profound study of self from the inside.

I always tell my students, if you learn nothing else in tai chi, this seemingly simple exercise will serve you well for the rest of your life. Indeed, the beauty of this exercise is its simplicity — easy to understand, yet it belies the depth and challenge of all tai chi — the internal struggle, discipline, and acceptance required to achieve mastery – and meditation!

Once the basic idea is grasped, there are endless possibilities upon which to focus — making this the only exercise you may ever need.

Date and Time **Sat 8:00 am - 9:20 am** **Track** **Taiji or Qigong for Health** **Location:** **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Laoshi William Phillips

Sifu William C. Phillips has been practicing Tai Chi for over 40 years. His teachers include Professor Cheng Man-Ch'ing and Master Zhang Lu-Ping. Other Martial Arts experience: Nanadan, Shotokan Karate, Japan Shotokan Karate Association of North America, Godan, Ju-jitsu.

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

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

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



Meditation in T'ai Chi form and push hands

MedPH

Meditation is one of the aspects of self knowledge and as such is a valuable part of T'ai Chi form and push hands. In this session we will explore what meditation is, and how it can benefit in your practice. Meditation is a tool to help you to keep your body from lying to you, and also in gathering information about a partner/opponent in push hands. We will discuss and demonstrate the Indian (dot not feather) satipatthana exercise as an introduction to meditation and then seated (or standing) meditation. We will then take those insights and show how it can benefit your practice of form and push hands.

Date and Time Sat 10:40 am - 11:50 am

Track **Push Hands**

Location: Conference Center

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Laoshi CJ Rhoads

Dr. CJ Rhoads, M.Ed., Ed.D. is a highly sought-after speaker, author, and consultant on business strategy, leadership, healthcare and technology topics. She is the CEO of HPL Consortium, Inc. developing technology tools to help people connect toward health, prosperity, and leadership. Rhoads is also a Professor in the College of Business at Kutztown University. Throughout her long and varied career which spans from entrepreneurial ventures to board-level decision making at Fortune 500 companies, she has won many awards, including Pennsylvania's Best 50 Women in Business, the Athena Leadership award, one of the 25 most Influential Women in Lehigh Valley Business, and in 2014 was awarded Top Faculty Researcher of the Year from Kutztown University. Rhoads is widely published with several books and hundreds of articles as well as being the editor of The Entrepreneur's Guide to... series. She just finished the last book in that series: The Entrepreneur's Guide to Running a Business: Strategy and Leadership. She is also well known in the Integrative Health Practices world, having recovered from a devastating brain injury as the result of a car accident in 2002. She manages her chronic pain through a combination of good nutrition and several daily activities such as Tai Chi, Qigong and Pilates (rather than pain management drugs). She can be reached at CJRhoads@HPLConsortium.com.



Sunset Qigong on the Bay (weather permitting)

SunsetQigong19F

For a quiet meditative and reflective period near the end of a wonderful day, join Laoshi CJ Rhoads on the Bay Boardwalk for Qigong.

Date and Time **Fri 7:15 - 7:45 pm** **Track** **Meditative/Spiritual Development** **Location:** **Bayside Field 2**

Sunrise Qigong on the Beach (weather permitting)

SunriseQigong19

For a glorious start to a wonderful day, join CJ Rhoads for various healing Qigong exercises on the beach while the sun rises from behind the ocean. Dress warmly!

Date and Time **Sat 6:15 - 7:15 am** **Track** **Meditative/Spiritual Development** **Location:** **Bayside Field 2**

Community Gathering

Gathering19

A gathering of the community to share thoughts, ideas, good times, bad times. It is only by sharing our experiences that we can support each other. CJ will also talk about some of the future goings-on of the community. While we meet every September at Maris Stella in Harvey Cedars, there are many other events going on in many different places. Tai Chi Gala, Tai Chi Park, Tai Chi Festival, Tai Chi Picnic, World Tai Chi Day, National Qigong Association, International Medical Tai Chi and Qigong Association, and many others. At this community gathering we ask that everyone share what they know of other goings-on, discuss the past and future events, and get to know each other in a semi-formalized way.

Date and Time **Sat 8:30 pm - 9:30 pm** **Track** **Meditative/Spiritual Development** **Location:** **Conference Center**

Sunrise Qigong on the Beach (weather permitting)

SunriseQigong19

For a glorious start to a wonderful day, join CJ Rhoads for various healing Qigong exercises on the beach while the sun rises from behind the ocean. Dress warmly!

Date and Time **Sun 6:15 - 7:15 am** **Track** **Meditative/Spiritual Development** **Location:** **Bayside Field 2**

Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions



Laoshi CJ Rhoads

Closing Circle

ClosingCircle

A short activity to bring us all together one final time before cleanup begins. Each person will be asked to share some qigong, form, or activity they learned over the weekend (if they wish) and some thoughts about how the weekend went.

Date and Time **Sun 1:30 - 2:00 pm**

Track

Location: **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Laoshi Kevin Siddons, Ed.D.

Dr. Siddons is a Qigong practitioner and teacher. He has a doctorate in Health Education from Temple University, and he teaches meditation, relaxation techniques, stress management, and pain management techniques. He has been training in Hun Yuan Qigong and Tai Chi.

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.



JiaoGuorui

Crane Frolic of Jiao Guorui

The Five Animal Frolics of Qigong Master Jiao Guorui - The Crane Frolics. Master Jiao's teachings are from Master Hu Yaozhen's book on the Five Animal Frolics (1963).

The Crane Frolic

Circling lightly in the peace of the heavens, never stopping heavily.

Mnemonic:

The crane's body floats and stands like a pine,
One's mind should soar as through layers of clouds,
Spreading wings, wild goose alighting, and single-legged stance,
Using light intention, ascend and descend the qi and breath."

We will practice:

Crane stepping
Crane Displaying/Spreading Wings
Crane Standing on One Leg/Single-leg Stance
Wild Goose Alights
Crane Soaring/Gliding/Hovering
The Neigong exercise that accompanies the exercises.

Date and Time Sun from 8 - 9:20 am Track **Taiji or Qigong for Health** Location: **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



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.



Five Elements Qigong and Healing Sounds

FiveElements

The Yellow Emperor's Classic of Internal Medicine states:

The Five Elemental Energies of Wood, Fire, Earth, Metal, and Water encompass all the myriad phenomena of nature. It is a paradigm that applies equally to humans.

The Five Elemental Energies represent the tangible activities of yin and yang as manifested in cyclic changes of nature which regulate life on earth... They define the various stages of transformation in the recurring natural cycles of season changes, growth and decay, shifting climatic conditions, sounds, flavors, growth and human physiology.

The Five Element Theory helps us understand the process of transformation and interaction within the body, and sort out the behavior of pathological influences.

We will do a series of internal Qi Cultivation and Purification techniques, followed by The Qigong Classic Six Healing Sounds and a set of Qigong Dynamic Movements to circulate, direct, conserve and transform the Qi.

Date and Time Sun 9 - 10:20 am

Track **Forms**

Location: **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



David Vanadia

For over ten years, David has taught public and private classes to countless people in gyms, health clubs, community centers, active adult communities, retail stores, acupuncture clinics, companies, and wellness studios on the east and west coast. His teaching style is fun and friendly because he enjoys helping folks feel vibrant, centered, balanced, and healthy.



Better Balance

BALANC

Many people gravitate to Tai Chi to improve their balance only to become disillusioned if they don't see or feel immediate results. New practitioners often have a hard time measuring their individual progress, especially when learning form for the first time. This workshop covers exercises that employ Tai Chi principles to facilitate better balance and mobility while also making the form more understandable. The exercises are layered for accessibility, and they progress in difficulty so that participants can locate themselves along a spectrum of self-awareness. Doing so lets you know where you are, and where you need or want to go.

Date and Time **Sat 9:00 am - 10:30 am** Track **Taiji or Qigong for Health** Location: **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Laoshi Stephen Watson

Stephen Watson has immersed himself in Eastern philosophy for over 35 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.



Shared Play of Tai Chi

SHARED

The best part of taking up Tai Chi? No special clothes needed. No props. No tools. It can be done almost anywhere. And no partner is needed. No wonder so many people find it easy to get into and stick with!

Of course, it is also true that a partner can be a fantastic help in life. Especially in the study of Yin & Yang. Tai Chi is, after all, the study and practice of working with energies. Engaging with and coming into balance with them. Why not have partner during your practice?

Gentle two-person sets to bring the joy of a partner into the joy of your Tai Chi practice. Fun and Functional. Quick to learn. Easy to keep simple or add complexity for the veteran student.

Date and Time **Fri 8:00 - 9:20 pm**

Track **Taiji for Self Defense or Competition**

Location: **Conference Center**

Creating a Form with Intention & Meaning

CreateForm

Seek the unspoken wisdom of the long-dead sages by walking a mile in their shoes. Slip into their slippers and have a go at creating substance from mind-intent. Revelations and Reckonings are sure to be yours when you set out to design a sequence with your emphasis in mind. Perhaps the form you find yourself building is primarily to offer footwork skills, perhaps a shared breathing experience, perhaps functional stretching of particular meridians, perhaps self defense for someone with a particular handicap?

Bring a partner if you can. We will expect to design and develop a two-person set so that you can take home something of your own creation for your own reasons with your own practice partner.

Date and Time **Sat- 4:00 - 5:00 pm**

Track **Forms**

Location: **Conference Center**

Cardinal Rose Set

CardRose

Running out of room when practicing your form? Need to practice your form more? Try the square stepping of the Cardinal Rose exercise to give you space to put in the time to deepen your practice. Works for Qi Gong, Daoyin, Tai Chi, and more!

--

school forum:

www.SomedayFarm.org

follow us:

<http://twitter.com/ShhDragon>

Date and Time **Sun 10:30 - 11:30 pm**

Track **Forms**

Location: **Conference Center**

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



Laoshi Loretta M. 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.



Whole-Body Tool to Power Up Your Tai Chi Practice

WholeBody

The Tai Chi Classics contain a wealth of information that lets you tap into both its healing as well as its martial powers. But sometimes it's hard to understand HOW to do what the Classics suggest, or how to translate them properly, and what benefits derive from doing so. Join Laoshi Loretta in a technique-tool she developed to help you understand how to take any tai chi posture or everyday movement and turn it into a whole-body movement.

By understanding whole-body movement, you are cultivating every part of yourself at every instance of movement. You are also embedding your mind and energy into every instance of movement while doing so. This completely "all One, all in the Now" allows you to take your tai chi to the next level, whether is be for fighting, healing, artistry, or healing work you do on others. Examples will be provided and you'll get a chance to experience how and why.

Once you learn this tool, you can apply it to anything you do. Your daily life will become tai chi.

Date and Time Sun 11:40 - 12:30 pm **Track** Taiji for Self Defense or Competition **Location:** Conference Center

**Symposium for Integrative Health Tai Chi Retreat
September 6, 7, 8, 2019
Maris Stella Conference and Retreat Center
Harvey Cedars, Long Beach Island, New Jersey
Workshop Leader Bios and Long Workshop Descriptions**



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.



Chen Style Kua Development Exercises

KuaDev

Chen style Taijiquan is known for its distinctive wide open stance and prominent hip rotations. Great mobility is possible because a specific emphasis is placed on opening the Kua. In this workshop, we will discuss a simple exercise that will help drop the pelvis to open the Kua and enable proper alignment of the hip joints. Some of the concepts we will examine include releasing habitual muscle tension, correct position of skeletal elements, and settling into tendon structure.

This can be done as a solos exercise as well as integrated into any form or Qigong. In fact, while it may not be obvious, the same pelvic drop must be present in all Taijiquan styles, Chen, Yang, etc. The first immediate benefit of this exercise is to correct the alignment of Sacrum and Lumbar Spine, reducing lower back stress. Over time, this increases flexibility and strength in the hip sockets and promotes greater free flow of Qi through the lower body.

Date and Time Sat 1:30 - 2:40 pm

Track **Taiji for Self Defense or Competition**

Location: **Conference Center**
