

**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 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.



Animals of Long Fist

AnLongFst

Long Fist, also called Tantui, is an excellent complement to Taiji, and may even have been a precursor to taiji. Instead of a 70% rule Tantui has a 100% rule, making it a great stretching exercise and also good for teaching fundamental postures.

Date and Time **Sat 2:50 - 3:50 pm** Track **Forms** Location: **Conference Center**

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 Laoshi Isse Elston on the Bay Boardwalk for Qigong.

Date and Time **Sat 7:15 - 8:15 pm** Track **Meditative/Spiritual Development** Location: **Bayside Field 2**

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).

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?

If you learn nothing else in tai chi, this seemingly simple exercise can serve you well for the rest of your life.

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

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Laoshi William Phillips

William C. Phillips (Bill) is dan ranked in Ju Jitsu and Karate, started T'ai Chi in 1967 with Stan Israel, senior student of Professor Cheng Man Ch'ing and went on to study with Professor Cheng Man Ch'ing from 1970 until his passing in 1975. Was the most junior student in the Professor's school to be given teaching duties. Founded Patience T'ai Chi to spread Professor's T'ai Chi. Studied with Master Zhang Lu Ping for 10 years as well. Taught T'ai Chi at Kingsborough CC from 1987 to 1993 and again from 2010 to 2015. He has written many articles, and been a guest on several TV shows.



MedPH

Meditation in T'ai Chi form and push hands

Meditation will be explained. Then its application to form and push hands will be applied. This seminar will be a mixture of talk, seated meditation, form and push hands.

Date and Time **Sat 10:40 am - 11:50 am** Track **Push Hands** Location: **Conference Center**

Laoshi CJ Rhoads

Dr. CJ Rhoads has been studying Taijiquan for twenty years. Rhoads is one of the founding members of the Taijiquan Enthusiasts Organization, a worldwide virtual organization of health and martial artists. She is also the developer of Pacem In Vita, a leadership and self-development curriculum for children and adults based upon the principles of Taijiquan. In 2010 she was named Taijiquan Promoter of the Year and admitted to the Hall of Fame by the Fellowship of United Martial Artists in Philadelphia, PA. Dr. Rhoads holds several certifications to teach Taijiquan and is a professional member of the National Qigong Association. She was named the National Champion and Gold Medal winner in Female Push Hands in October 2009 in the International Chinese Martial Arts Tournament circuit. Rhoads has firsthand experience regarding the transforming powers of the gentle art of Taiji. CJ was in a devastating car accident in 2002. In 2004 she was told by doctors in 2004 that she had gotten "as good as she was gonna get" – but was still in severe pain and could not work. Just a few years later, with the help of a team of doctors and pain management specialists, and through a combination of Taijiquan, Pilates, Massage, and Myofascial Release she was able to mitigate her injuries. She was not only able to return to work, but was able to exceed all expectations. In 2009 she was honored as one of Pennsylvania's Best 50 Women in Business, in 2011 she received the Athena Leadership award, and in 2013 was named one of most Influential Women in Lehigh Valley Business, and in 2014 was named Top Faculty Researcher of the Year. She continues a very full schedule as both CEO and Founder of HPL Consortium, Inc., and as Associate Professor at Kutztown University in the College of Business.



SunsetQigong19F

Sunset Qigong on the Bay (weather permitting)

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)

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

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.

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

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Date and Time **Sun 6:15 - 7:15 am**

Track **Meditative/Spiritual
Development**

Location: **Bayside Field 2**

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).

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

Track

Location: **Conference Center**

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 Qigong meditation, relaxation techniques and stress management techniques. He has been training in Hun Yuan Qigong and Tai Chi.



Crane Frolic of Jiao Guorui

JiaoGuorui

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).

Date and Time **Sun from 8 - 9:20 am**

Track **Taiji or Qigong for Health**

Location: **Conference Center**

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Laoshi Tom Tague

Tom Tague is certified as a Qi Therapist, Reiki Master/Teacher, and Qigong-Tai Chi Instructor. He has extensive experience in private practice and at the Hunterdon Medical Center on not-for-profit basis.



Five Elements Qigong and Healing Sounds

FiveElements

The Five Element Theory explains the process of transformation and interaction within the body. You'll enjoy Qi Cultivation and Purification techniques, Classic Six Healing Sounds and Dynamic Movements to circulate, direct, conserve and transform the Qi.

Date and Time **Sun 9 - 10:20 am**

Track **Forms**

Location: **Conference Center**

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

Learn simple exercises to measure and improve your balance.

Date and Time **Sat 9:00 am - 10:30 am**

Track **Taiji or Qigong for Health**

Location: **Conference Center**

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.



Shared Play of Tai Chi

SHARED

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**

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Creating a Form with Intention & Meaning

CreateForm

For Stretching, for Meditation, for Qi Gong, for Tai Chi Chuan, for Two-Person Sets.

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!

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

Track **Forms**

Location: **Conference Center**

Laoshi Loretta M. Wollering

Author of "The Anatomy of Fitness: Tai Chi (2014)," now in several languages; several articles and book chapters, she was also the content editor of Jou Tsung Hwa's acclaimed "The Dao of Taijiquan (7th edition). Director of America's "Tai Chi Gala" event.



Whole-Body Tool to Power Up Your Tai Chi Practice

WholeBody

Learn what turns any movement into a tai chi posture driven by principle, "When one part moves, all parts move. When one stops, all stops." Learn why this is so important not only for healing, but also for cultivating martial power.

Date and Time **Sun 11:40 - 12:30 pm**

Track **Taiji for Self Defense or Competition**

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 styles include Yang Style Taijiquan, Baguazhang and Hsing-I Chuan as well as Kuntao, Silat, Cimande, Black Dragon, Mantis and Monkey Kung Fu. His teachers include Willem de Thouars, Don Ethan Miller, Bruce Walker, Waysun Liao, William C.C. Chen, Jou Tsung Hwa and Sydney Austin. He is a multi-time national push hands champion in several weight classes and now coaches for taiji competition. His current teaching focus is on Old-Hand Taiji and Kung Fu training methods.



Chen Style Kua Development Exercises

KuaDev

One of the most prominent features of Chen style is keeping the Kua open and mobile. We will discuss a simple exercise that will help drop the pelvis and open up the Kua, which allows proper internal action through the hip joints.

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

Track **Taiji for Self Defense or Competition**

Location: **Conference Center**
