

World Taijiquan & Qigong Day 28th Annual Celebration Morning Program

	Location	Topic	Teacher	School
Assembly 9:30a	Lake	General public assembly	All	All
Blessing 9:45a - 10:00a	Lake	Dragon Dance Lion Dance		Malee's School of T'ai Chi and Kung Fu/ The Scholar's Martial Hall
Group Qigong 10a - 10:15a	Heaven	The Worldwide Wave	George Hoffman	Silver Dragon Tai Chi Qigong
Introductions 10:15a - 10:30a	Heaven	Welcome and Introductions	Joe Pandolfo	North Starfarm Tai Chi & Qigong
Group Practice 10:30a - 10:45a	Heaven	Students and visitors practice with respective teachers	All	All
Workshop 1 10:45a - 11:25a	Heaven	Qigong for Flexibility, Strength, and Balance	Lorelei Chang	DancEnlight
	Earth	Rooting, Relaxation & Imagination	David Ritchie	Central Connecticut Tai Chi Chuan
	Thunder	Chen Taiji Silk Reeling	Stan Baker	Chen Taiji Academy
	Mountain	Push Hands	Antonio Suarez	New London Martial Arts
	Fire	Rooting, Song and ALLOWING Movement	George Hoffman	Silver Dragon Tai Chi Qigong
	Lake	Healing Energy of the Bagua Circle	Morris Burch	Health Healing Martial Arts
	Water	Open Push Hands	Various	
Workshop 2 11:35a - 12:15p	Heaven	Daoyin Baojian Gong	Malee Khow	Malee's School of T'ai Chi and Kungfu
	Earth	Primordial Qigong	Rich Marantz	Green Mountain Tai Chi
	Thunder	Tai Chi for Arthritis & Fall Prevention	Robin Henrie	Red Phoenix Healing Arts
	Mountain	Taiji through a Self-Defense Lens	Steve Buschman	Bushido Karate Academy
	Fire	Tibetan Sticks	Frederick Rivard	
	Lake	Zhong Ding - Achieving Central Equilibrium	Shirley Ha Chock	Tai Chi United
	Water	Open Push Hands	Various	

World Taijiquan & Qigong Day 28th Annual Celebration Afternoon Program

	Location	Topic	Teacher	School
Lunch Break 12:25p - 1:15p	Lake	DEMONSTRATIONS: Chen Taijiquan Xinjia Qi Dance Improvisation Taijiquan Infinity Form Taiji Fan and various Kung Fu Spontaneous Taijiquan Sun Taijiquan Chen Taiji Xinjia Wu Style Taijiquan Short Form William C.C. Chen Straight Sword	Stan Baker Lorelei Chang Shirley Ha Chock Malee Khow Rich Marantz Onassis Parungao Jonas Sanchez David Ritchie Antonio Suarez	
Workshop 3 1:20p - 2:00p	Heaven	Taiji Qigong in 18 Figures	David Ritchie	Central Connecticut Tai Chi Chuan
	Earth	Open, Close, Gather, Release	Rich Marantz	Green Mountain Tai Chi
	Thunder	Taijiquan Applications	Antonio Suarez	New London Martial Arts
	Mountain	Eight Extraordinary Vessels Flow	Kapil Taneja	Valley Qigong Toivo Center
	Fire	The Energetic Properties of Baguazhang Qigong	Morris Burch	Health Healing Martial Arts
	Lake	Ba Fa Wu Bu - The Eight Methods Five Steps	Shirley Ha Chock	Tai Chi United
	Water	Open Push Hands	Various	
Workshop 4 2:10p - 2:50p	Heaven	Classical Taiji Ruler Qigong	George Hoffman	Silver Dragon Tai Chi Qigong
	Earth	Chansijin - Reeling Silk	Frederick Rivard	
	Thunder	Tai Chi for Osteoporosis	Robin Henrie	Red Phoenix Healing Arts
	Mountain	Chen Taiji Push Hands	Stan Baker	Chen Taiji Academy
	Fire			
	Lake	Buddha's Sacred Postures	Kapil Taneja	Valley Qigong Toivo Center
	Water	Open Push Hands	Various	
Closing 3:00p - 3:15p	Heaven	Farewell and Settling Wave	Joe Pandolfo	North Starfarm Tai Chi & Qigong