

World Taijiquan & Qigong Day 28th Annual Celebration Morning Workshop Descriptions

World Taijiquan & Qigong Day 28th Annual Celebration Afternoon Workshop Descriptions

Location	Topic	Description
Heaven	Qigong for Flexibility, Strength, and Balance	Qigong practice can have a significant impact on the body, both internally and externally. This workshop will explore how qigong can benefit the bodies physical attributes.
Earth	Rooting, Relaxation and Imagination	Working with a partner develop a deeper root, reach a stage of deep relaxation, Learn to find your partner's center, hide your center and push with relaxed strength. This is a class good for beginners through advanced Tai Chi practitioners.
Thunder	Chen Taiji Silk Reeling	Practice exercises to develop the spiraling force from a Chen family perspective.
Mountain	Push Hands	Engage in some push hands exercises from a Yang family Taijiquan perspective.
Fire	Rooting, Song and ALLOWING Movement	Come explore and experience some of those elusive Taiji fundamentals – the ones we all know about and have touched on periodically - occasionally smiling in the joy of our movement. We will encourage the body to unfold more easily by playing with simple techniques to enhance rooting, song and energetic wholeness.
Lake	Healing Energy of the Bagua Circle	Build energy and experience the energetic and healing powers of this unique Bagua Circle as developed by Morris Burch.
Water	Open Push Hands	An open practice for all levels of participation.
Heaven	Daoyin Baojian Gong	Daoyin Yangsheng Gong, or Qigong for Health, was created by Professor Zhang Guande of the Beijing Sport University. It combines Professor Zhang's knowledge of traditional Chinese medicine (TCM), wushu, and qigong to create a unique series of movements that employ the principles of qi flow and meridians in TCM.
Earth	Primordial Qigong	Participants will be guided through a simple 12 movement Qigong set to form the 3 dan tian and open and become aware of the 8 extraordinary vessels within their own bodies.
Thunder	Tai Chi for Arthritis and Fall Prevention	Millions of people around the world have learned Tai Chi for Arthritis and Fall Prevention and would like to progress further. This workshop is a great opportunity to enhance your tai chi and gain greater health benefits.
Mountain	Taijiquan through a Self-Defense Lens	Explore simple applications from some of the form's postures as a means to correct structure, connect energetically, and broaden the awareness of why movements move the way they do.
Fire	Tibetan Sticks	Tibetan Stick-dancing covers a range of moving meditations that are used for training in stick fighting. The techniques are fun, diverse, and simple to learn. They are helpful for increasing balance, stimulating the lymphatic system, and increasing energy, concentration, precision, and connection to a partner. No previous experience is needed for this especially fun workshop.
Lake	Zhong Ding - Achieving Central Equilibrium	Explore the importance and significance of a properly aligned structure which is integral to taijiquan practice.
Water	Open Push Hands	An open practice for all levels of participation.

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Heaven	Taiji Qigong in 18 Figures	Developed by Master Lin Hao Sheng in 1982, the 18 figures is very effective for maintaining health and curing illnesses. The exercise series promotes overall wellness, and is especially good for the back, kidney and lumbar areas, for bone diseases, the sciatic nerve, obesity, inflammation in the shoulder joints, high blood pressure, heart disease, emphysema, asthma, chronic hepatitis, chronic kidney inflammation, gastrointestinal inflammations, physical weakness, exhaustion, insomnia and nervousness.
Earth	Open, Close, Gather, Release	"If you do not understand open, close, gather, release you will never understand Tai chi"- Yun Xiang Tseng. Participants will be led through different exercises to embody this concept and how to apply it to their Tai chi form.
Thunder	Taijiquan Applications	Explore the fighting applications of some movements from Yang Taijiquan as a means to better understand why the techniques move the way they do.
Mountain	Eight Extraordinary Vessels Flow	Explore the Eight Extraordinary Vessels, integral components of the energetic framework within the human body to enhance vitality, emotional stability, and spiritual insight.
Fire	The Energetic Properties of Baguazhang Qigong	Develop internal energy and explore the internal power and healing through our unique qigong. Health and longevity is the goal.
Lake	Ba Fa Wu Bu - The Eight Methods Five Steps	Deepen your understanding of Taijiquan's eight energies (Peng , Lu, Ji, An, Cai, Lie, Zhou, Kao) and it's five stepping methods.
Water	Open Push Hands	An open practice for all levels of participation.
Heaven	Classical Taiji Ruler Qigong	This first and most widely known Taiji Ruler set helps us gather our Qi to achieve vitality and longevity. Different from the lesser known Primordial Taiji Ruler, this Qigong system will enhance Dan Tian awareness, encourage the movement and transformation of Jing, blood and Qi helping the practitioner improve their healing & martial powers, health and quality of life. Join us to experience this simple yet profound Taiji Ruler system.
Earth	Chansijin - Reeling Silk	This version of Chansijin, also known as Reeling Silk, was created by David Chandler as a total body awareness, energy exercise system, that includes full range of motion and functions as a moving meditation. Inspired by the teachings of Master Jou, Tsung Hwa, this version of Chan Ssu Chin offers numerous health benefits, including and not limited to improved lymphatic function, joint mobility, flexibility, balance and focus.
Thunder	Tai Chi for Osteoporosis	Tai Chi for Osteoporosis helps to improve balance and prevent the risk of falls. The program will also improve posture, muscle strength, relaxation, fitness, and health. Based on Sun and Yang styles of tai chi, Tai Chi for Osteoporosis is easy to learn, effective, and safe.
Mountain	Chen Taiji Push Hands	Engage in some push hands exercises from a Chen family Taijiquan perspective.
Lake	Buddha's Sacred Postures	Flow through these daily postures as a means to bring alive Buddha's teachings of gratitude, peace, wisdom, humility, reflection, compassion, and trust.
Water	Open Push Hands	An open practice for all levels of participation.