

LIVING WITH THE PRINCIPLES

A Tai Chi Retreat



January 26-30, 2019

Jekyll Island Convention Center

Jekyll Island, GA

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Sunday

Principle - Slow, smooth, continuous movement

Walk slowly through the halls. Connect with others and give them an opportunity to connect with you.

Morning Sessions

8:30 - 9:00 am - Registration Lobby

9:00 - Welcome/housekeeping Room 4

9:30 - Medical Qigong Warm-ups + Day's Teasers, Room 4

10:30 BREAK

11:00 - 1:00 PM (CHOOSE ONE)

ABCs of the TAO - Track: Education, Room: 3

Session Leader: Deirdre

Synopsis: Tai Chi physically embodies the Tao. Understanding the philosophy behind the forms deepens the awareness of Tai Chi as a spiritual practice, giving us greater balance, direction, and more choices during life's challenges. Chinese characters can also help us delve deeper into seeing the world through a different lens. In this session, Deirdre will guide us in the process of mindfully meditating the Tao while writing Chinese characters.

Tai Chi for Shoulder Rehabilitation - Track: Health, Room: 4

Session Leaders: Dan/Betty

Synopsis: Tai Chi has been used effectively for shoulder rehabilitation after injury, stroke, and/or as a means of keeping these joints well functioning. During this session, participants from Saturday's Tai Chi for Shoulder Rehabilitation workshop—with the guidance of Dan and Betty—will assist you in discovering safe, effective, and verified Tai Chi movements that will work for shoulder pain and/or rehabilitation.

Martial Elements of TC Movements - Track: Tai Chi, Room: 5

Session Leader: Mearl

Synopsis: Often Tai Chi students learn basic movements from the standpoint of this hand goes this way, that hand that way. However, as Tai Chi is a martial art—albeit an internal one—in order to acquire greater depth, it becomes important to understand the application behind these movements. This session is designed to address this aspect of the art and build a greater understanding as to how the martial applications are performed in a defensive situations using specific movements.

1:00 - 3:00 LUNCH (ON OWN)

Afternoon Sessions

3:00 - 5:00 PM (CHOOSE ONE)

Maximizing Longevity By Calming Shen - Track: Health, Room 3

Session Leader: Dr. Sharyl

Synopsis: Both Tai Chi and Acupuncture can be powerful vehicles into healing the endocrine and nervous systems of the body. Acupuncture is an age-old healing practice of traditional Chinese medicine in which thin needles are placed at specific points in the body. It's primarily used to relieve pain but also has been used to treat other conditions. In this session, Dr. Sharyl shares how acupuncture can be a powerful tool for optimal health and improving longevity.

Tai Chi Bang for Shoulder Rehabilitation - Track: Education, Room - 4

Session Leader: Dan

Synopsis: Practice with the Tai Chi Bang (stick) allows for a unique method of training joints and tendons to develop stronger and more flexible muscles and joints (e.g. hand, wrists, and arm strength). It also helps to prevent overuse injuries as it strengthens these joints, tendons, and muscles. Older students, who may be losing hands and arm strength in performing daily tasks (e.g. opening jars, turning on the tap), will find a significant improvement after practicing Tai Chi Bang. In this session Dan shares with and assist us in exploring safe, effective and verified movements that can be used for shoulder rehabilitation.

Sensing Hands: Sensitivity Training - Track: Tai Chi, Room: 5

Session Leader: Mearl

Synopsis: Sensing Hands or Pushing Hands (*tui shou*) is said to be the gateway for students to experientially understand the martial aspects of the internal art of Tai Chi. By practicing this aspect of the art, one learns why and how the feet are considered the foundation, how to establish this important foundation, and how—only then—the *dantian* can be use effectively in directing movement. Additionally, the processes of listening, yielding, redirecting, and issuing are all important and vital pieces of the whole art. Session participants will be guided through the following aspects of *tui shou*: preparing to detect another's energy; learning how to "listen" for it energy and determining where it is being directed; the whys and how to yield another's energy, as well as what is involved in redirecting it.

Forest Bathing With Tai Chi Principles (will be repeated Tuesday afternoon)

Session Leader: Maureen

Synopsis: Shinrin-yoku loosely translates to "taking in the forest atmosphere" or "forest bathing". It was developed in Japan during the 1980s and has become a cornerstone of preventive health care and healing in Japan as well as in our own and other countries. This session is designed to introduce the research and concepts behind shinrin-yoku and allow you to experience a forest bathing session enhanced with qigong and tai chi principles.

Track: Combination

Meeting place: TBA

NOTE 1: The above sessions will be open to the public. This is to provide an opportunity for those who cannot come to the full retreat, for one reason or another, to get a "taste". These participants will have different badges. Please reach out to them and welcome them, as we hope that one year, they will participate as fully as you do.

Monday

Principle - Posture

The quickest way to change your emotional state is to change your body.” ~ Tony Robbins

Morning Sessions

9:00 Medical Qigong Warm-ups + Day’s Teasers, Room 4

9:30 - 10:30 (CHOOSE ONE)

No Excuses - Track: Education, Room: 3

Session Leader: Maureen

Synopsis: Too often we and our participants find excuses to NOT practice. You’ve heard them all, including; “I have no time”, “I’ve hurt my foot”, “I have no space”. The result is that these folks will never see the full health benefits of Tai Chi and Qigong. Session participants will: discover movements that can be practiced in a short time span and in small spaces; discuss the healing benefits of these movements; and put together their own “no excuse” practice.

Principles of Posture 101 - Track: Health, Room: 4

Session Leader: Sheri

Synopsis: Your posture says a lot about your personality, as well as how your joints and muscles are working. Explore how your body works both inside and out, while working on proper posture and muscular awareness. Sheri will also guide us in the use of mindful ways to identify and use the principle of the golden thread (posture) in our daily lives.

Introduction to Silk Reeling - Track: Tai Chi, Room: 5

Session Leader: Betty

Synopsis: Tai Chi silk reeling exercises are repetitive spiral movements with emphasis on the ground connection, waist connection, knee alignment, kua sinking, opening and closing of joints and *dantien* rotation. These continuous spiral movements develop “spiral energy” within the body and are the basic components and foundational building blocks of Tai Chi Chuan. They train the body to move as one unit, led by the *dantien*.

10:30 BREAK

11:00 AM - 1:00 PM (CHOOSE ONE)

Elevate Your Foundation - Track: Tai Chi, Room: 3

Session Leader: Maureen

Synopsis: “*In Tai Chi, your feet are your foundation; your hands are just an expression.*” When breaking down Tai Chi forms, there are five basic “foot foundations”. Join Maureen in exploring each of these “foundation” and their use. Then, together, share methods and ideas for practicing solid foundations to improve balance and flexibility both in playing Tai Chi and in daily life.

Heading In A Better Direction With Acupuncture - Track: Health, Room: 4

Session Leader: Dr. Sharyl

Synopsis: For those who suffer with migraines, neck pain and headaches this session explores the meridian points that can be helpful in easing this pain. Dr. Sharyl will explore the physiology and techniques from dry needling, to cupping, to the energetic inputs behind the effectiveness of acupuncture in healing headache and neck issues.

Inspiring Creativity - Track: Education, Room: 5

Session Leader: Sheri

Synopsis: As instructors we are often looking for ways to keep our participants interested—to make classes more interesting, fun, and keep your students involved and, yes, even wanting to practice. During this interactive session, Sheri will guide you through her process of allowing participants to create their own forms using their favorite movements and music. Get ready to think “outside the box” to combine your favorite moves to create your own form—while identifying and using all essential principles.

1:00 - 3:00 Lunch (on own)

Afternoon Sessions

3:00 - 5:00 (Choose One)

Shibashi 18 - Track: Education, Room: 3

Session Leader: Betty

Synopsis: Shibashi is a simple exercise consisting of 18 movements performed with several repeats. The routine combines elements from the Tai Chi Yang form along with Qigong breathing and movement exercises. The movements are easy to learn and remember. In this interactive movement session, Betty will guide you through the 18 movements and as you to share ideas as to how to remember “what comes next”. Discussion will also include how, when, and to whom to teach this exercise set.

Five Elements Taiji Qigong - Track: Health, Room: 4

Session Leader: Dan

Synopsis: A number of qigong routines have been developed to work various internal organs. These can be used in interplay with the eastern medical theory of the five elements (fire, earth, metal, water, wood) which have an inter-relationship that must be kept in balance to maintain health. In this session, you will learn a qigong routine to achieve internal, external, mental, and emotional health and harmony with nature and changing environments.

The Weave, Part 1 - Track: Tai Chi, Room: 5

Session Leader: Mearl

Synopsis: Pushing or sensing hands works to undo a person's natural instinct to resist force with force, teaching the body to yield to force and redirect it. Push hands allows students to learn how to respond to external stimuli using techniques from their forms practice. In this session, Mearl will guide us through the upper body movements of this Sensing Hands drill which is used to improve coordination, strength, and agility.

6:00 pm - Drumming - Open to participants+significant others, Room 4

Session Leader: King

Music is an expression of your inner self. In traditional societies, when diagnosing illness, the first question is “How long ago did you stop singing and dancing?” Many of us missed the opportunity to learn a musical instrument. Join us for this therapeutic hour filled with smiles and laughter as we explore the world of percussive sound on a variety of instruments. Personal instruments are most welcome. An array of additional instruments will also be available for your use during class. No prior musical experience required!

Tuesday

Principle - Never Grow Old

Anticipate the day as if it was your birthday and you are turning six again. ~Mike Dolan, @HawaiianLife

Morning Sessions

9:00 am - Medical Qigong Warm-ups + Day's Teasers, Room 4

9:30 - 10:30 (CHOOSE ONE)

Pendulum Pointers - Track: Health, Room: 3

Session Leader: Debra

Synopsis: Pendulums help make decisions, access information and answers, and read imbalances in the human energy field (*i.e.*, the chakras). They are tools used to communicate what the subconscious already knows. An extension of our inner senses, pendulums create a visual representation of our energy changes. Using a pendulum is a skill anyone can learn.

Small Circle Tai Chi - Track: Tai Chi, Room 4

Session Leader: Dan

Synopsis: Small Circle Tai Chi demonstrates the concept of quality verses quantity. Practicing tai chi from a balanced perspective should include traditional forms and small circle forms. Small circle forms are small sections of traditional long forms practiced in a continuous loop. Each small circle repetition is practiced in such a way that it takes you into a deeper state of meditation and connection to the external and internal tai chi principles of each movement.

Five Animal Frolics Review - Track: Health, Room: 5

Session Leader: Mearl

Synopsis: The Five Animal Frolics, created by the Physician Hua To (110-207 A.D.) were often prescribed to his patients. The idea being to practice specific animals for specific ailments, to combine external physical exertions with internal massage of the organs. There are a number of Five Animal Frolics routines; in this session you will learn one which is based on Tai Chi principles. It is fun, easy to learn and remember, and easy to teach.

10:30 BREAK

11:00 - 1:00 PM (CHOOSE ONE)

Teaching Children - Track: Education/Marketing, Room 3

Session Leader: Deirdre

Synopsis: Kids today endure stress that often goes unnoticed. Teaching children the principles and movements of Tai Chi can give them a strong foundation for life on many levels. It can help them to: breath more deeply, while quieting mental chatter; begin to feel more in control of their bodies' responses; and allow them to identify and eliminate stress before it takes over their life and causes disease. Session participants will be guided through ways of tailoring our Tai Chi to the imaginative mind of a child and sharing methods of approaching schools with a program that connects across disciplines in the classroom or as an after-school activity.

Tai Chi Interpretive Dance - Track: Health, Room 4

Session Leader: Dan

Synopsis: First there was the principle/concept of Wuji (void, stillness, emptiness, nothingness). From Wuji came yin and yang, (movement, Tai Chi). All of our tai chi forms begin and end in stillness, perpetually recreating what many would say are the first two principles of tai chi. During this session, Dan will help you unlock your mind, body and spirit from “form” so your movements can grow and become alive with endless possibilities—creating beautiful tai chi temple dances that are quickly forgotten once movement has stopped. Experience the life-affirming creativeness of being unstructured and begin to understand how structured (form) and unstructured (formlessness) are two sides of the same coin that need each other to be whole.

The Weave, Part 2 - Track: Tai Chi, Room 5

Session Leader: Mearl

Synopsis: (continuation of The Weave, Part 1) Pushing or sensing hands works to undo a person's natural instinct to resist force with force, teaching the body to yield to force and redirect it. Push hands allows students to learn how to respond to external stimuli using techniques from their forms practice. In this session, Mearl will guide us through the lower body movements of this Sensing Hands drill - designed to strengthen our foundation and balance.

1:00 - 3:00 LUNCH (ON OWN)

Afternoon Sessions

3:00 - 5:00 (CHOOSE ONE)

Tapping for Health - Track: Health, Room 3

Session Leader: Debra

Synopsis: The underlying premise of Emotional Freedom Techniques' (EFT) is that the true cause of every negative thought—and most physical symptoms—is an energy block along one or more of the body's meridians. The combination of tapping on key acupuncture points and mentally focusing on a specific problem releases both the energy block and the problem it causes, eliminating or significantly reducing physical, mental or emotional symptoms. In this session, you will learn the pattern of using the basic EFT method as a self-help tool.

Silk Reeling: Symbol Tracing - Track: Tai Chi/Qigong, Room 4

Session Leader: Dan

Synopsis: Participants will learn the one hand circle pattern and the one hand tai chi symbol tracing hands on both sides. A foundation for silk reeling training to improve internal energy flow and cultivate Qi and spiral force, this pattern is designed to expand and deepen your knowledge and application of silk reeling. Participants will also gain an understanding of how the symbol tracing hands pattern holds the eight gates, which are a foundation for push hands training.

Teaching Martial Aspects of Tai Chi Movements - Track: Education, Room 5

Session Leader: Mearl

Synopsis: Though Tai Chi is a martial art, most people practice it today mainly for its health benefits. However, the martial aspects are important, as these are the basis of the art. However, it's difficult for those who have no external martial arts training to know how a movement “works”. In this session, Mearl will guide us in learning; when to bring the martial aspects of Tai Chi into class, how to teach these aspects, how to demo them, and how to explore what a movement can do to/with an opponent.

Forest Bathing With Tai Chi Principles - Outside

Session Leader: Maureen (see Sunday afternoon synopsis)

Wednesday

Principle - Focus

I'm facing Niagara Falls—the wind and the mist and the dark and the peregrine falcons—and I'm going to stay focused on the other side. ~ Nik Wallenda

Morning Sessions

9:00 Medical Qigong Warm-ups + Day's Teasers, Room 4

9:30 - 10:30 (CHOOSE ONE)

Healing Sounds - Track: Health, Room 3

Session Leader: Betty

Synopsis: The six healing sounds, associated with the five major organs and the Triple Burner, are an ancient Chinese breathing technique devised to improve health and promote healing and longevity. Each of these resonates with one sound; by using the associated sound, stale and congested qi can be expelled from the affected organ/are and replaced with fresh qi. Participants will practice each of the healing sounds and discuss what they are noticing.

Bagua Circle Walking 1 - Track: Tai Chi/Qigong, Room 4

Session Leader: Dan

Synopsis: The ancient Bagua Masters believed that Nature is in a constant state of motion, never standing still and always changing. Bagua Circle Walking's teaches the conscious and unconscious harmonization and meditation with and through change in all its forms. It helps the mind to achieve calmness, stillness and clarity; generates a strong, disease-free body; develops internal balance and the ability to maintain it when the inner/outer world changes. Participants will explore the history, basic mission, and basic movements of this exercise.

A Closer Look At Animal Frolics - Track: Qigong, Room 5

Session Leader: Mearl

Synopsis: Each of the five animal frolics are designed to massage certain parts of the body. In this interactive session Mearl will lead participants through each of the frolics; going deeper into the organs being massaged and how this works. Participants are invited to share their cares and concerns and work out modifications that will still bring this routine's healing effects.

10:30 BREAK

11:00 - 1:00 PM (CHOOSE ONE)

Whole Food Based Super Immunity - Track: Nutrition, Room 3

Session Leader: Dan

Synopsis: Tai Chi and Qigong practices help to replenish our Qi, but they work in harmony with nutrition and mindful breathing exercises. Research shows that ingesting the right raw materials and nutritional factors can double or triple the protective power of the immune system. If you learn to fill every bodily cell with the nutrition that meets its demands, the body's defenses can take on superhero qualities, and you will hardly ever get sick again. Session participants will: explore how a whole food plant-based diet can get the body's immune system working to its fullest potential to super-charge the immune system; discuss healthy carbs fats and proteins; and discover ways to make choosing healthy foods a part of everyday life.

Healing Power of Plants - Track: Health, Room 4

Session Leader: Meghan

Synopsis: Many aspects of Tai Chi and Qigong are akin to nature - rooting like trees, flowing like water, Five Animal Frolics, etc. Exposure to nature itself affects our health in a myriad of ways. However, for a variety of reasons, that's not always possible. Participants will identify and discuss some of the most beneficial plants (including live plants, oils, essence, etc), their healing properties, and their use to enhance our indoor practice as well as our lives in general.

Sensing Hands: Moving Drills - Track: Tai Chi, Room 5

Session Leader: Mearl

Synopsis: Pushing or sensing hands works to undo a person's natural instinct to resist force with force, teaching the body to yield to force and redirect it. Push hands allows students to learn how to respond to external stimuli using techniques from their forms practice. In this session, participants will learn how to combine foot and hand patterns of The Weave.

1:00 - 2:30 LUNCH (ON OWN)

Afternoon Sessions

2:30 - 4:30 (CHOOSE ONE)

Stagnant Energy Clearing Qigong - Track: Qigong, Room 3

Session Leader: Mearl

Synopsis: Our arms and upper torso are in constant use in everyday life, particularly while practicing Tai Chi. Thus, it is important to re-energize the arms and torso. This seated qigong is used to target those areas. Mearl will guide us through these simple and relaxing movements that are geared to song all the joints in the arms and allow energy to flow for revitalization.

Tai Chi Fan-fare - Track: Education, Room 4

Session Leader: Betty

Synopsis: Thousands of years ago, fans had a dual purpose often serving as a status symbol as well as an ornament. In Asia, it also became a deadly weapon in the hands of a skilled person, as it was easily concealed. Today, many Tai Chi players use the fan not only for its grace and beauty, but also one can express his/her self in a way different from the empty hand forms. During this session, Betty will help participants discover how to use a fan for basic tai chi movement(s), how to use the dantian to open and close a fan and direct fan movements, and how tai chi fan can/should be incorporated into your (and your participants') practice.

Bagua Circle Walking 2 - Track: Tai Chi/Qigong, Room 5

Session Leader: Dan

Synopsis: Bagua Circle Walking's primary mission is to teach one to consciously and subconsciously harmonize and meditate with and through change in all its forms. It helps the mind to achieve calmness, stillness and clarity; generates a strong, disease-free body; develops internal balance and the ability to maintain it when your inner or outer world changes. Participants will learn Sun Lu Tang's Single Palm Change Circle Walking Pattern; a pattern created for Tai Chi practitioners. This session is designed to help reinforce the concept of the circle in tai chi, allowing you to find the circle in the straight line and the straight line in the circle.

4:30 - 5:00 Wrap-up/Feedback

Session Leaders' Bios

Meghan Bryant, from Palmyra, VA, is a Licensed Massage Therapist. After graduating from Radford University, BA in Fine Arts and a post-graduate Certification for Art Education, Meghan taught art in Virginia's Pulaski and Prince William Counties, created community after-school art programs, founded an Arts Council, connected with a pediatric group, learned Montessori techniques, and supported a therapy team as both speech assistant and rehab technician. Meghan worked for 15+ yrs with Genesis Rehab at retirement communities and nursing homes, where, in addition to physical therapy and balance classes, she introduced her love of Tai Chi. A Master Trainer for the Tai Chi for Health Institute, Meghan now enjoys sharing her knowledge and creative spirit during instructor and depth workshops. Website: meghancreations.com

Deirdre Dwyer, from Jacksonville, FL, was introduced to Tai Chi in 1992 during a 6-week trip to China. Hooked from the beginning, she continued to practice and study, most notably in Shanghai where she lived for 5 years. There she received second place in a Shanghai competition for the Yang 24 form. Deirdre has taught Tai Chi in the Jacksonville, FL area since 2011. She is certified to teach Dr. Paul Lam's Tai Chi for Diabetes and Tai Chi for Arthritis for Fall Prevention and currently teaches Tai Chi to students K-12, as well as to adults in her community and at the local college. Website: <http://taichihealthandwellness.com>

M. King Goslin, currently from North Carolina, has taught tai chi and qigong in Western North Carolina since 2010, and music in many forms (from PA to HI) since 1970. She is a full time professional musician, teacher, composer, arranger, and conductor - as well as a Tai Chi student, instructor and player. Currently offering tai chi and qigong classes through the YMCA, the YWCA and the North Carolina Arboretum, she continues to delight in learning, teaching and sharing her discoveries. King plays over 30 instruments, has several recordings, and has performed regularly at Biltmore Estate since 2002 ~ primarily as a finger style guitarist. A much requested recording of her solo guitar work is due to be released in the next several months. Her work with tai chi has had a profound influence on her musicianship ~ as has the reverse. There are many to whom she is grateful.

Dan Jones, from Holt, MI, has over 40 years experience as a martial arts practitioner including 30 years of Tai Chi Chuan and Won Chuen temple boxing and 12 years of combined experience in Japanese Karate, Tae Kwon Do, Wing Chun Kung Fu and Shorin Ryu Karate. Dan is a certified police officer and security professional with over 32 years combined experience in law enforcement, hostage negotiations, personal protection and security management. Founder of Moving Stillness and Master Trainer with the Tai Chi for Health Institute, Dan is also a trained Healing Foods Culinary Instructor, Food and Wellness Educator, and Board Certified Holistic Health Practitioner. He is the owner and founder of Balance and Harmony, a business that promotes healing and holistic health through food and wellness education and cooking classes. By combining his education and talents, he has developed a wellness program with a three phase approach to healing: food and wellness education, Tai Chi/Qigong, and health coaching services for support and motivation.

Maureen Miller, from St. Marys, GA, has 20+ years experience practicing, teaching, and writing about Tai Chi. She found her early instructors in her workplace and, at the same time, realized

that Tai Chi was more than just an exercise, but a way of life. Maureen's 30 years of "real jobs" in computer technology, conferences services, management, and teaching (both children and adults) have provided tools for her goal of helping others to improve their health through classes, workshops, guided forest bathing, and this *Learning With the Principles* Retreat. Maureen is the sole proprietor of Camden Tai Chi (www.camdentaichi.com), a Master Trainer, and an ANFT certified Nature and Forest Therapy Guide. She's published numerous articles on a variety of subjects she wants to learn more about and collaborated on and edited Dr. Paul Lam's *Teaching Tai Chi Effectively* book. Website: www.camdentaichi.com

Sheri Nicholson from Neptune Beach, FL, is a licensed posture alignment specialist and personal trainer with over 15 years of experience creates programs to "improve posture and enhance Healthy Lifestyle through structured Exercise and Nutritional guidance". Sheri began studying Tai Chi four years ago. Upon finding how well this ancient art fits in the holistic approach to a healthy lifestyle, she began adding Tai Chi movements and principles into her daily client sessions. Her clients love it, making Sheri determined to continue practicing and teaching Tai Chi for the rest of her life. Website: www.sherinicholson.com

Debra Schumacher, from Leesburg, FL, was introduced to Tai Chi in 1987. Since then, she has studied with several renowned teachers, learned a variety of qigong and taiji forms, and focused on teaching adaptive techniques. Debra earned a degree in Integrative Health and Healing and is trained/certified in several energy healing techniques, including Healing Touch, Medical Qigong, and EFT (Emotional Freedom Techniques). Website: www.ChangingFocus.2savvy.com

Betty Scanlon, from Fort Myers, FL, has been a nurse for over 35 years and a Nurse Practitioner for over 20 years. She retired from the US Air Force after serving at several US and overseas bases, as well as a deployment to the Middle East in response to a Naval incident prior to the Gulf War. She has a Master's Degree in Community Service and has been educating nurses for over 20 years. Betty is proprietor of Tai Chi for Better Health, a Master Trainer with the Tai Chi for Health Institute, and an active member of the Tai Chi for Health Community. She has been practicing and teaching tai chi for over 10 years and conducts regular workshops and classes with her trademark humor. Website: taichiforbetterhealth.com

Mearl Thompson, from Denver, CO, has been practicing tai chi for 25+ years and martial arts for 34+ years. He is the founder of the Ancient Harmony Tai Chi Chuan School in Denver, CO, and a Master Trainer (retired) with the Tai Chi for Health Institute. Mearl studied Tai Chi under Sifu Kay Kutch of the Tong Family lineage, Kung Fu San Soo with Masters Bob Newmann and Jerry Meyer and Indonesian Silat Serak with Maha Guru Victor de Thouars. In 1997, he became a Second-Degree Black Belt in Kung Fu San Soo. In 1994, he opened a Kung Fu San Soo school in St. Louis, MO. He continues his study of tui shou with Master Aaron Chih of Taiwan of Cheng Man Ching lineage and Sifu Mark Rasmus. Mearl teaches weekly classes including: Tai Chi for Arthritis, martial applications in the Yang Form, push-hands, self-defense for women, and a program introducing tai chi to individuals recovering from substance abuse. Website: ancientharmonytaichi.com

Dr. Sharyl Truty, from Jacksonville, FL, has been engaged in family medicine, sports medicine and orthopedics for over ten years in many different capacities. She graduating from Loyola University's Stritch School of Medicine, IL, completed the Phoebe Primary Care Sports Medicine

Fellowship Program in Georgia, and trained in acupuncture through the UCLA-Helms Acupuncture certification for physicians. She was primary care team physician for the Chicago Red Stars women's professional soccer team in 2009-2010 and has covered the Chicago Marathon yearly for the past 15 years. Dr. Truty recently completed a fellowship in Integrative Medicine at the University of Arizona Integrative Medicine training program. She is Board Certified in Family Practice and has a Certificate of Added Qualification in Sports Medicine. Prior to starting Balanced Physician Care, P.A. in Jacksonville, FL, Dr. Truty served as faculty at the St Joseph-Presence Family Practice Residency program in Chicago, IL.
Website: <https://balancedphysiciancare.com>

Session Leaders' Book Recommendations

Meghan Bryant: *New Bach Flower Body Maps* ~ Dietmar Kramer and Helmut Wild, *Practical Herbalism* ~ Philip Fritchey, *The Essentials of Bach Flowers for Kids* ~ Michelle J Newkirk, *Medicinal Plants: An Introduction to Familiar Widespread Species* ~ A Pocket Naturalist Guide

Deirdre Dwyer: *Tai Chi Chuan and Meditation* ~ Da Liu, *The Tao of Pooh* ~ Benjamin Hoff, *The Tao of Tai Chi* ~ Bill Douglas, *The Tao of Inner Peace* ~ Diane Dreher

Maureen Miller: *The Healer Within* ~ Roger Jahnke, *Hidden Life of Trees* ~ Wohlleben & Flannery, *Your Guide to Forest Bathing* ~ M. Amos Clifford

Sheri Nicholson: *How to communicate like a Buddhist* ~ Cynthia Kane, *I heard the Owl call my name* ~ Margaret Craven

Session Leaders' Music Recommendations

Maureen Miller: *Lapping in Luxury* ~ Dean Evenson

Sheri Nicholson: Carole King, 70's Dance music, All blues

M. King Goslin: *Stars & Stripes Forever* - John Phillip Sousa, *Highland Cathedral* - music Ulrich Roever & Michael Korb ~ lyrics Johanna Logan Cooper, plus Johanna Logan Cooper's *Come Away Lassie*, *Blueberry Mountain*, and *Meet Me On the Mountain*

NOTES: