

Tai Chi for Rehabilitation Program

Saturday

- 8:30 - 9:00 am - *Registration*** Lobby
- 9:00 - 10:00** Introductions/Tai Chi Guided Discussions
- 10:00 - 11:00** Guided Movement Lab With Teaching Tips
- 11:00 - 11:15** BREAK
- 11:15 - 12:30** Guided Movement Lab With Teaching Practice (seated)
- 12:30 - 1:00** LUNCH
- 1:30 - 3:00** Guided Movement Lab
- 3:00 - 3:15** BREAK
- 3:15 - 4:45** Guided Movement Lab
- 4:45 - 5:00** Discussion

Sunday

- 9:00 - 10:30** Guided Discussions & Lab
- 11:30 - 11:00** BREAK
- 11:00 - 1:00** Guided Movement Lab (With Retreat Participants)

Session Leaders: Dan/Maureen

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.

- 1:00 - 3:00** LUNCH
- 3:00 - 5:00** Tai Chi for Shoulder Rehabilitation (With Retreat Participants)

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.

Retreat Program

Principle - Focus

Whenever you want to achieve something, keep your eyes open, concentrate, and make sure you know exactly what it is you want. ~ Paulo Coelho

Sunday Morning Sessions

8:30 - 9:00 am - Registration Lobby

9:00 - Welcome/housekeeping Room 4

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

10:30 BREAK

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

Tai Chi: What It Is (Part 1)

Session Leaders: Betty & Marsha Level: Beginner Room: 3

Synopsis: Tai Chi (taiji, Tai ji quan, T'ai chi ch'üan) is an internal Chinese martial art practiced for both health benefits and meditation as well as defense training. Participate in a discussion on the history of Tai Chi, the terminology used, and the basic principles used.

Tai Chi for Shoulder Rehabilitation

Session Leaders: Dan/Maureen Level: All Room: 4

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.

Five Animal Frolics: Regular Practice Benefits

Session Leader: Mearl Track: Intermediate-Advanced Room: 5

Synopsis: The Five Animal Frolics Qigong is a fairly complex system of exercise consisting of five sets of exercises patterned off of the movements of the Crane, Bear, Deer, Monkey, and Tiger. Experience the benefits of each individual animal form and learn how regular practice provides a complete workout and reconditioning.

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

Sunday Afternoon & Evening Sessions

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

Stress, Mood, and Acupuncture

Session Leader: Dr. Sharyl

Level: All

Room: 3

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

Session Leader: Dan

Level: All

Room: 4

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.

Depth of Yang 24: Mindfulness and Intention in Practice

Session Leader: Mearl

Level: Intermediate-Advanced

Room: 5

Synopsis: The 24-posture Simplified Form of Tai Chi, sometimes called the Beijing or Peking form for its place of origin, is a short version composed of twenty-four unique movements. Explore the depth of the movements of this form while practicing mindfulness and intention. Pre-requisite: ability to perform the Yang 24 form.

Forest Bathing With Tai Chi Principles

Session Leader: Maureen

Level: All

Meeting place: TBA

Synopsis: Forest Bathing, or shinrin-yoku, first became popular in Japan. Shinrin-yoku means bathing in the forest atmosphere, or taking in the forest through our senses. By opening all our senses, we can bridge the gap between us and the natural world and take in all the real health benefits nature offers. Participants will be guided on a two-hour outdoor stroll followed by tea. Please dress for the weather.

5:00 PM

Meet & Greet

7:00 PM

Session Leaders Dinner Meeting

Principle - Use the power of your imagination
Life has rules and structure, imagination doesn't. ~ Joshua Klapow

Monday Morning Sessions

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

9:30 - 10:30 (CHOOSE ONE)

Breathe In, Breathe Out

Session Leader: Nancy Level: Intermediate Room: 3

Synopsis: Breath is an important part of Tai Chi as it relates to the storing and delivering energy. Learn how to focus on the use of breath during the practice of tai chi and ways to be mindful of the breath during the practice. Discuss, demonstrate, and practice when and how to incorporate breathing in the classroom.

Introduction to Qigong

Session Leader: Betty Level: Beginner Room: 4

Synopsis: Qigong (qi gong, chi kung, or chi gung) is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial arts training. Learn the history of qigong and try some basic movements.

Mindful Bagua Circle Walking

Session Leader: Dan Level: Intermediate-Advance Room: 5

Synopsis: Bagua Circle Walking teaches the conscious and unconscious harmonization and meditation with and through change—in all its forms. Learn how to achieve calmness, stillness, clarity, plus internal balance and the ability to maintain it when the inner/outer world changes.

10:30 BREAK

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

Tai Chi: How To Do It (Part 2)

Session Leader: Betty & Marsha Level: Beginner Room: 3

Synopsis: Learn and practice some basic Tai Chi movements, incorporating the principles learned in Part I.

18 Shibashi: Inner-flow, Outer-flow, Slow and Not So

Session Leader: King Level: All Room: 3

Synopsis: Learn a gentle tool for mindfulness; discover how music and tempo are used to affect the brain; explore flow in body and breath while accessing the mind via the body; play intensely with 18 Shibashi.

The Benefits of Positivity in Health

Session Leader: Dr. Sharyl Level: All Room: 5

Synopsis: The positive thinking that usually comes with optimism is a key part of effective stress management. Learn to identify negative unspoken thoughts and how to turn this negative thinking into positive thinking in order to create new habits that will improve your health.

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

Monday Afternoon & Evening Sessions

3:00 - 5:00 (Choose One)

Beyond the Mind: Meditation With Eyes Wide Open

Session Leader: Deirdre

Level: All

Room: 3

Synopsis: Tai Chi and Qigong practices teach us an effortless mindfulness—with eyes wide open—that goes beyond controlling the mind. Discover what basic mindfulness is and where it ends; how to move into effortless mindfulness in minutes; and how to become open to a greater awareness that is spacious and compassionate.

Primordial Qigong: Heaven Portion

Session Leaders: Dan & Sheri

Level: Intermediate-Advanced

Room: 4

Synopsis: The Primordial qigong system reflects the [Taoist](#) theory of the birth of the universe based on their perception of the alternating balance of yin yang and the integral relationship between heaven, humanity and earth. Learn the heaven portions of this ancient system along with its history and health benefits.

Sensing Hands: Formulating A Plan

Session Leader: Mearl

Level: Intermediate-Advanced

Room: 5

Synopsis: While playing push/sensing hands, we often start our push with making circles. Shortly someone makes an attempt at a push that too often results in a struggle with negative results. Discover how/why assessing an opponent and formulating a plan of attack will result in more success.

6:00 PM

Drumming Circle

Open to participants and public

Session Leader: King

Level: All

Room: 4

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 percussion instruments are most welcome. An array of additional instruments will also be available for your use during class. No prior musical experience required!

Principle - Be committed

Take the slow and steady route. Your personal journey to success isn't a race. - Joshua Klapow

Tuesday Morning Sessions

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

9:30 - 10:30 (CHOOSE ONE)

Finding Mindfulness in Meditation

Session Leader: Sharon

Level: All

Room: 3

Synopsis: Learn the anatomy and mechanics of the main muscles for respiration and how to create harmonious movement of body and breath, bring mindfulness into your daily activities, and develop the skills to be fully present in each moment of your life.

Mindfulness With Children

Session Leader: Deirdre

Level: All

Room: 4

Synopsis: Most children have an innate ability to observe and see complexity and beauty around them. Discover what mindfulness looks like for children and the vocabulary needed to understand what they observe; learn how to assist teachers to support their classroom goals and become competent in teaching kindness and compassion through mindfulness.

Mindful Bagua Circle Walking

Session Leader: Dan

Level: Intermediate-advanced

Room: 5

Synopsis: Bagua Circle Walking teaches the conscious and unconscious harmonization and meditation with and through change—in all its forms. Learn how to achieve calmness, stillness, clarity, plus internal balance and the ability to maintain it when the inner/outer world changes.

10:30 BREAK

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

Primordial Qigong: Earth Portion

Session Leaders: Dan & Sheri

Level: Intermediate-advanced

Room: 3

Synopsis: The Primordial Qigong system reflects the [Taoist](#) theory of the birth of the universe based on the perception of alternating balance of yin/yang and the integral relationship between heaven, humanity and earth. Learn the earth portion of this ancient system along with its history and health benefits.

Art and Energy

Session Leader: Meghan and Mike

Level: All

Room: 4

Synopsis: Explore, through different media, how to find full body movement and how it is expressed. Learn to differentiate between full body movement vs independent movement as well as the lifting and sinking of energy.

Sensing Hands: Being Mindful in the #MeToo Era

Session Leader: Mearl

Level: All

Room: 5

Synopsis: Since the inception of the #MeToo movement concerns arise as to how to be mindful when in everyday life encounters as well as when teaching or playing push/sensing hand. In this session we will discuss and learn: how to listen for another's energy; determine where it is being directed; discover how to uncover the whys/how-to yield to it; and when and how to redirect it.

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

Tuesday Afternoon Sessions

3:00 - 5:00 (CHOOSE ONE)

Easting Seasonally

Session Leader: Dan & Sheri

Level: All

Room: 3

Synopsis: This roundtable discussion and sharing session will help you: understand the sustainable benefits to our planet and our health by choosing seasonally grown local foods; learn how to eat based on the seasons; and master the overall benefits seasonal eating has globally, locally, and physically.

Understanding *Song*: How Taoist Meditation Leads to the Core of Wellbeing

Session Leader: Deirdre

Level: All

Room: 4

Synopsis: Taoist meditation brings us beyond our mind, beyond ego to a non-dualistic vision of life. This creates a space where wellbeing and vitality energize us from the inside out. Learn to practice and teach Tai Chi principles mindfully — using *Song* to access awareness within the body (to integrate body-breath-mind) and meditation in order to cultivate *Qi*.

Labyrinths: Walk This Way

Session Leader: Debra

Level: All

Room: 5

Synopsis: Learn what labyrinths are and aren't; explore the different types, materials used to make them, ways to walk them, and where to find them; discover the health, meditative, and spiritual benefits of walking a labyrinth; and discuss ideas to make your own.

Forest Bathing With Tai Chi Principles

Session Leader: Maureen

Level: All

Meeting place: TBA

Synopsis: Forest Bathing, or shinrin-yoku, first became popular in Japan. Shinrin-yoku means bathing in the forest atmosphere, or taking in the forest through our senses. By opening all our senses, we can bridge the gap between us and the natural world and take in all the real health benefits nature offers. Participants will be guided on a two-hour outdoor stroll followed by tea. Please dress for the weather.

Principle - Set an attainable routine

Take any action, collect feedback. Course correct, repeat. ~ Thomas Edwards, Jr.

Wednesday Morning Sessions

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

9:30 - 10:30 (CHOOSE ONE)

The Posture Principle

Session Leader: Sheri

Level: All

Room: 3

Synopsis: This session concentrates on the principle of the “Golden Thread”. We will discuss and practice the whys and hows to use in your everyday life to facilitate better breathing, increased concentration and thinking ability, improved self image, and more.

Experiencing Qi

Session Leader: Maureen/Betty

Level: All

Room: 4

Synopsis: The concept of Qi — life force or energy — comes from Traditional Chinese Medicine (TCM), which is the oldest continuous medical system in the history of humanity. Discover how the western world learned about it; compare the ways different people feel it; explore methods to enhance your ability to sense it.

Small Circle Tai Chi

Session Leader: Dan

Level: Intermediate

Room: 5

Synopsis: Small circle forms are small sections of traditional long forms practiced in a continuous loop. Each repetition provides a deeper state of meditation and connection to the principles of each movement.

10:30 BREAK

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

Seven Movements of the Sky Fisherman

Session Leader: Maureen

Level: All

Room: 5

Synopsis: This lovely set of Qigong movements is based on the five elements—earth, fire, water, wood, and metal. Each movement is designed to stimulate different organs.

Sensing Hands: The Weave

Session Leader: Mearl

Level: Advanced

Room: 4

Synopsis: Sensing Hands allows one to learn how to respond to external stimuli using techniques from forms practice. In this session, you will learn how to respond to external stimuli using techniques from Tai Chi forms practice, while, at the same time, strengthening your foundation and balance and improving your coordination, strength, and agility.

Five Elements Tai Chi: Wood Circle

Session Leader: Dan

Level: Intermediate

Room: 5

Synopsis: The five elements form can be practiced alone or lead into the five circles (wood, water, fire, metal, and earth). This session will focus on the wood circle.

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

Wednesday Afternoon Sessions

2:30 - 4:30 (CHOOSE ONE)

Forest Bathing When Stuck Inside

Session Leader: Maureen

Level: All

Room: 3

Synopsis: Nature and Forest Therapy (Forest Bathing) is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. While it's preferable to be outside in nature, there are ways for those who are housebound to still participate. In this session, we will explore those ways.

The Power of Sun Style

Session Leader: Mearl

Track: Tai Chi

Room: 4

Synopsis: Often Tai Chi students learn basic movements from the standpoint of "this hand goes this way, that hand goes that way". However, as Tai Chi is a martial art (an internal martial art) in order to acquire greater depth, it becomes important to understand the application behind the movements. This session will give you an understanding of the martial applications of various Sun movements, thereby assisting you will refining movements in your practice.

Silk Reeling: Circle Embrace

Session Leader: Dan

Track: Health

Room: 5

Synopsis: Embracing the Circle refers to embracing the totality of the moment and leading it to peacefulness or emptiness. Learn how Silk Reeling unlocks the door to Embracing the Circle; practice the Circle Embrace Silk Reeling pattern.

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