

LIVING WITH THE PRINCIPLES

Healthy Relationships: Positive Connections

A Healing Retreat Based on Tai Chi Principles



January 22-24, 2021

Via Zoom

Register at: <https://livingwiththeprinciples.com>

Table of Contents

Friday - January 22, 2021	4
Welcome	5
Medical Qigong Warm-ups	5
Five Elements For Relieving Stress (120 minutes)	5
Where Am I? (120 minutes)	5
Let's Connect (30 minutes)	5
Solo Push Hands (120 minutes)	6
Head To Toe With Flow (120 minutes)	6
Solo Push Hands (continuation)	6
Qigong For Immunity (60 minutes)	6
Wudang Animals In Harmony (60 minutes)	7
Mind, Body, & Balance (120 minutes)	7
Let's Connect (45 minutes)	7
Introduction to Tai Chi Silk Reeling Therapy (120 minutes)	7
Comparing Applications (120 minutes)	7
Saturday - January 23, 2021	8
Medical Qigong Warm-ups	8
Wudang Animals In Harmony (60 minutes)	9
Qigong For Immunity (60 minutes)	9
Introduction to Tai Chi Silk Reeling Therapy (120 minutes)	9
Energy Healing (120 minutes)	9
Let's Connect (30 minutes)	9
Taoist Meditation With Soft Gaze (60 minutes)	10
Teaching Remotely (120 minutes)	10
Body Connection (60 minutes)	10
Teaching Remotely (continuation)	10
Healing Foods: Cooking With Dan (120 minutes)	10
Shibashi (60 minutes)	10
Let's Connect (45 minutes)	11
Solo Push Hands (120 minutes)	11
Guided Nature Therapy Walk (120 minutes)	11

Sunday - January 24, 2021 **12**

Medical Qigong Warm-ups	12
Head To Toe With Flow (120 minutes)	12
Mind, Body, & Balance (120 minutes)	13
Guided Nature Therapy Walk (120 minutes)	13
Closing for early time zones	13
Five Elements For Relieving Stress (120 minutes)	13
Comparing Applications (120 minutes)	13
Taoist Meditation With Soft Gaze (120 minutes)	14
Teaching Remotely (120 minutes)	14
Closing/Networking/Happy Hour	14

Meet The Team **15**

Guests	17
--------	----

Principle for the day -

Friday - January 22, 2021

NOTE: All times are Eastern Standard Time
Use this map to check for your time.

Time Zone Map <https://www.timeanddate.com/time/map/>

Time	Friday - Room 1	Friday - Room 2
8:30 am ET	Welcome - introduce team	(empty)
9:00 am ET	Medical Qigong (60 minutes)	
	15 min break	15 min break
10:15 am ET	Five Elements for relieving stress (120 minutes)	Where Am I? (120 minutes)
12:30 pm ET	Let's connect (Room 1) with Mearl/Deirdre/Dan	
1:00 pm ET	Solo Push Hands (120 minutes)	Head To Toe With Flow (60 minutes)
		15 min break
2:15 pm ET		Qigong for Immunity (60 minutes)
3:15 pm ET	15 min break	15 min break
3:30 pm ET	Wudang Animals in Harmony (60 minutes)	Mind, Body, & Balance (120 minutes)
4:45 pm ET		
5:45 pm ET	Let's connect (Room 1) with Deirdre/Maureen/Meghan	
6:30 pm ET	Intro to TC Silk Reeling Therapy (120 minutes)	Comparing Applications (120 minutes)

1:00 PM

Solo Push Hands (120 minutes)

Leaders: Mearl Assisting: Maureen

Room: 1

Synopsis: Tui-shou (push hands) is an intricate component of Tai Chi Chuan. Practicing push hands is an exercise in negotiation. Any relationship involves learning to negotiate with another person to create a positive connection. In these days of physical distancing, however, we often don't have the luxury of having a partner with whom to practice. This session is designed to help you keep your push hands skills sharp through the use of solo push hands drills. (REPEATED: Saturday at 6:30 PM)

Head To Toe With Flow (120 minutes)

Leaders: Sheri/Betty Assisting: Deb

Room: 2

Synopsis: This empowering session will help build confidence and positive connections in one's own body through simple yet powerful moves. We will discuss and utilize all Principles, with an emphasis on *Song*. The importance of creating every move with proper breath, range of motion (ROM) and strong posture will be emphasized. The goal is to achieve more awareness of how our body works and just how powerful *Song* is in our daily practice and lives. This 1-hour session can be done standing or seated. (REPEATED: Sunday at 9:00 AM)

2:15 PM

Solo Push Hands (continuation)

Leader: Mearl Assisting: Maureen

Room: 1

Synopsis: see above

Qigong For Immunity (60 minutes)

Leaders: Betty Assisting: Deb/Meghan

Room: 2

Synopsis: Practicing Tai Chi and Qigong on a daily basis has been proven to help build immunity. During this session, participants will explore a variety of simple, but effective, qigong movements and discuss ways in which they help to build immunity. (REPEATED: Saturday at 9:00 AM)

3:30 PM

Wudang Animals In Harmony (60 minutes)

Leaders: Deirdre Assisting: Deb/Dan

Room: 1

Synopsis: The Dragon, Leopard, Tiger, Snake & Crane comprise the Wudang Five animals. Each animal movement improves the efficient function of an internal organ, bringing balance to one's own body. Appreciating the intrinsic strength of each animal allows us to develop and bring those characteristics into our relationships with others to promote harmony, strength and growth in our communities. This is a 1-hour session. (REPEATED: Saturday at 9:00 AM)

Mind, Body, & Balance (120 minutes)

Leaders: Sheri/Betty Assisting: Mike

Room: 2

Synopsis: Tai Chi and Qigong are mind-body arts. Integrating the mind and body is essential to increasing and circulating Qi. Learn how this may be accomplished. (REPEATED: Sunday at 10:15 AM)

5:45 PM

Let's Connect (45 minutes)

Leaders: Deb//Betty/Mike

Room: 1

This is open conversation time—an opportunity to meet session leaders and colleagues, ask question about sessions you've attended, find out what's coming up, and more.

6:30 PM

Introduction to Tai Chi Silk Reeling Therapy (120 minutes)

Leaders: Dan Assisting: Deirdre

Room: 1

Synopsis: As we age, one of the main health issues experienced are the aches and pains throughout the body when we move. A body in pain too often results in a body that is sedentary. The more sedentary we become, the worse the pain gets. There are, however, two major ways to correct this—body manipulation and movement therapy. Studies show that daily movement therapy exercises have been very effective at managing and relieving mobility pain by healing fascia connective tissue. The movements of Tai Chi Silk Reeling more effectively accomplishes this with slow, gentle, spiraling movements that access all angles of the body's extremities while providing spiraling movements for the upper torso to keep the fascia lubricated and healthy. This session is designed to assist you in exploring how these Silk Reeling movements can heal your fascia connective tissue which, in turn, will help to prevent pain. This is a 2-hour session. (REPEATED: Saturday at 10:15 AM)

Comparing Applications (120 minutes)

Leaders: Mearl Assisting: Mike/Maureen

Room: 2

Synopsis: Tai Chi Chuan is a complete system addressing health issues as well as being proficient in self-defense. The principles of Tai Chi Chuan were born through understanding how the martial applications perform. In this session, we will explore and compare martial applications of Chen, Yang, and Sun Style Tai Chi Chuan. This is a 2-hour session. (REPEATED: Sunday at 1:00 PM)

Saturday - January 23, 2021

NOTE: All times are Eastern Standard Time
Use this map to check for your time.

Time Zone Map <https://www.timeanddate.com/time/map/>

Time	Saturday - Room 1	Saturday - Room 2
8:30 am ET	Medical Qigong (30 minutes)	(empty)
9:00 am ET	Wudang Animals in Harmony (60 minutes)	Qigong for Immunity (60 minutes)
	15 min break	15 min break
10:15 am ET	Intro to TC Silk Reeling Therapy (120 minutes)	Energy Healing (120 minutes)
12:30 pm ET	Let's connect (Room 1)...Maureen/Meghan/Sheri	
1:00 pm ET	Taoist Meditation with Soft Gaze (60 minutes)	Teaching Virtually (60 minutes)
	15 min break	15 min break
2:15 pm ET	Body Connection (60 minutes)	2-D In A 3-D World (60 minutes)
3:15 pm ET	15 min break	15 min break
3:30 pm ET	Healing Foods (120 minutes)	Shibashi (60 minutes)
5:45 pm ET	Let's connect (Room 1) with Dan/Sheri/Mearl	
6:30 pm ET	Solo Push Hands (120 minutes)	Nature Therapy (120 minutes)

8:30 AM ROOM: 1

Medical Qigong Warm-ups

9:00 AM

Wudang Animals In Harmony (60 minutes)

Leaders: Deirdre Assisting: Mike/Dan

Room: 1

Synopsis: The Dragon, Leopard, Tiger, Snake & Crane comprise the Wudang Five animals. Each animal movement improves the efficient function of an internal organ, bringing balance to one's own body. Appreciating the intrinsic strength of each animal allows us to develop and bring those characteristics into our relationships with others to promote harmony, strength and growth in our communities. This is a 1-hour session.

Qigong For Immunity (60 minutes)

Leaders: Betty Assisting: Sheri/Deb

Room: 2

Synopsis: Practicing Tai Chi and Qigong on a daily basis has been proven to help build immunity. During this session, participants will explore a variety of simple, but effective, qigong movements and discuss ways in which they help to build immunity. This is a 1-hour session.

10:15 AM

Introduction to Tai Chi Silk Reeling Therapy (120 minutes)

Leaders: Dan Assisting: Deirdre/Deb

Room: 1

Synopsis: As we age, one of the main health issues experienced are the aches and pains throughout the body when we move. A body that's painful too often results in a body that is sedentary. The more sedentary we become, the worse the pain gets. There are, however, two major ways to correct this—body manipulation and movement therapy. Studies show that daily movement therapy exercises have been very effective at managing and relieving mobility pain by healing fascia connective tissue. The movements of Tai Chi Silk Reeling more effectively accomplishes this with slow, gentle, spiraling movements that access all angles of the body's extremities while providing spiraling movements for the upper torso to keep the fascia lubricated and healthy. This session is designed to assist you in exploring how these Silk Reeling movements can heal your fascia connective tissue which, in turn, will help to prevent pain. This is a 2-hour session.

Energy Healing (120 minutes)

Session Leaders: Dr. Truty Assisting: Sheri/Maureen

Room: 2

Synopsis: Energy healing is a holistic practice that activates the body's subtle energy systems to remove blocks. By breaking through these blocks, the body's inherent ability to heal itself is stimulated. Dr. Truty will help us to explore the concepts of energy medicine as it relates to both healing and medicine. She will also review the energy anatomy across different disciplines. This will follow with a discussion as to how energy work affects our own body and what its capacity is in non-local (remote) healing. This is a 2-hour session.

12:30 PM

Let's Connect (30 minutes)

Leaders: Deb/Sheri/Maureen

Room: 1

This is open conversation time—an opportunity to meet session leaders and colleagues, ask question about sessions you've attended, find out what's coming up, and more.

1:00 PM

Taoist Meditation With Soft Gaze (60 minutes)

Leader: Deirdre Assistants: Dan/Mearl

Room: 1

Synopsis: Tai Chi and Qigong teaches us a path to effortless meditation. From mental calm we progress to cultivating the Qi, mindfully aware of our body from within. With continued practice we meditate outward, beyond a dualistic view of life, to an open, spacious and compassionate awareness of our connection with others and nature. Drawing inspiration and strength from nature we gaze at the world and its events from an unperturbed inner quietude. (REPEATED: Sunday at 3:30 PM)

Teaching Remotely (120 minutes)

Leader: Betty/Maureen Assistant: Meghan

Room: 2

Synopsis: This session is designed to assist instructors who are—or who are thinking of—teaching remotely. Aspects of remote teaching will be discussed including: technology (hardware and software); your venue; getting students connected; appropriate use of cameras. Additionally, we will look at the challenges of teaching via a two-dimension format in a three-dimensional world. Most of us have experienced the challenge of trying to learn Tai Chi from a video. We'll discuss why this happens and how to mitigate the frustration and challenges. Participant input/knowledge is encouraged throughout this session. (REPEATED: Sunday at 3:30 PM)

2:15 PM

Body Connection (60 minutes)

Leader: Sheri/Dr. Kathy Assistants: Dan/Mearl

Room: 1

Synopsis: Using visualization, imagination and intention, learn to connect with your body's energy using simple Qigong moves. Create a healthy and positive connection with the power of your body to increase your energy flow and improve your daily practice.

Teaching Remotely (continuation)

Leader: Betty/Maureen Assistant: Meghan

Room: 2

Synopsis: See above

3:30 PM

Healing Foods: Cooking With Dan (120 minutes)

Leader: Dan Assistant: Deirdre

Room: 1

Synopsis: Join Dan in his kitchen to discuss and prepare a nutritious meal. List of ingredients will be made available ahead.

Shibashi (60 minutes)

Leader: Betty Assistants: Deb/Sheri

Room: 2

Synopsis: Shibashi combines elements from Yang style Tai Chi, and breathing and movement exercises from Qigong. It has been described as a gentle, beautiful and flowing Qigong exercise that is very relaxing. This makes it a perfect prelude to learning Tai Chi, or as warm-up for Tai Chi and other types of physical exercise.

5:45 PM

Let's Connect (45 minutes)

Leaders: Dan/Sheri/Mearl

Room: 1

This is open conversation time—an opportunity to meet session leaders and colleagues, ask question about sessions you've attended, find out what's coming up, and more.

6:30 PM

Solo Push Hands (120 minutes)

Leaders: Mearl Assisting: Mike/Sheri

Room: 1

Synopsis: Tui-shou (push hands) is an intricate component of Tai Chi Chuan. Practicing push hands is an exercise in negotiation. Any relationship involves learning to negotiate with another person to create a positive connection. In these days of physical distancing, however, we often don't have the luxury of having a partner with whom to practice. This session is designed to help you keep your push hands skills sharp through the use of solo push hands drills. (REPEATED: Saturday at 6:30 PM)

Guided Nature Therapy Walk (120 minutes)

Leaders: Maureen Assisting: Meghan

Room: 2

Synopsis: Nature Therapy is based on the Japanese practice of Shinrin Yoku, translated loosely as Forest Bathing as one "bathes" in the atmosphere of the forest. It is a practice of spending time in the forest for the purpose of enhancing health, wellness, and happiness. But it's not just forests that provide these benefits. All of Nature can. On this virtual walk, we will spend our time in/with nature—whether it's a forest, a park, your backyard, inside looking out a window, or inside near a plant or picture of nature—in a way that invites healing interactions with ourselves, each other, and our environment. By moving through our environment mindfully, we will cultivate presence; by opening all our senses, we will consciously and respectfully communicate with ourselves, each other, and Nature. (REPEATED: Sunday at 3:30 PM)

Sunday - January 24, 2021

NOTE: All times are Eastern Standard Time
Use this map to check for your time.

Time Zone Map <https://www.timeanddate.com/time/map/>

Time	Sunday - Room 1	Sunday - Room 2
8:30 am ET	Medical Qigong (30 minutes)	(empty)
9:00 am ET	Head To Toe With Flow (60 minutes)	Where Am I? (60 minutes)
	15 min break	15 min break
10:15 am ET	Mind, Body, & Balance (120 minutes)	Nature Therapy (120 minutes)
12:30 pm ET	Closing for early time zones	
1:00 pm ET	Five Elements for relieving stress (120 minutes)	Comparing Applications (120 minutes)
3:15 pm ET	15 min break	15 min break
3:30 pm ET	Taoist Meditation with Soft Gaze (120 minutes)	Teaching Remotely (120 minutes)
5:45 pm ET	Closing	
6:30 pm ET	Networking/happy hour	

8:30 AM ROOM: 1

Medical Qigong Warm-ups

9:00 AM

Head To Toe With Flow (120 minutes)

Leaders: Sheri/Betty Assisting: Deb

Room: 1

Synopsis: This empowering session will help build confidence and positive connections in one's own body through simple yet powerful moves. We will discuss and utilize all Principles, with an emphasis on *Song*. The importance of creating every move with proper breath, range of motion (ROM) and strong posture will be emphasized. The goal is to achieve more awareness of how our body works and just how powerful *Song* is in our daily practice and lives. This 1-hour session can be done standing or seated.

10:15 AM

Mind, Body, & Balance (120 minutes)

Leaders: Sheri/Betty Assisting: Mike

Room: 2

Synopsis: Tai Chi and Qigong are mind-body arts. Integrating the mind and body is essential to increasing and circulating Qi. Learn how this may be accomplished.

Guided Nature Therapy Walk (120 minutes)

Leaders: Maureen Assisting: Meghan

Room: 2

Synopsis: Nature Therapy is based on the Japanese practice of Shinrin Yoku, translated loosely as Forest Bathing as one “bathes” in the atmosphere of the forest. It is a practice of spending time in the forest for the purpose of enhancing health, wellness, and happiness. But it’s not just forests that provide these benefits. All of Nature can. On this virtual walk, we will spend our time in/with nature—whether it’s a forest, a park, your backyard, inside looking out a window, or inside near a plant or picture of nature—in a way that invites healing interactions with ourselves, each other, and our environment. By moving through our environment mindfully, we will cultivate presence; by opening all our senses, we will consciously and respectfully communicate with ourselves, each other, and Nature.

12:30 PM

Closing for early time zones

1:00 PM

Five Elements For Relieving Stress (120 minutes)

Leader: Dan Assisting: Deirdre/Mike

Room: 1

Synopsis: The Five Elements Taiji for relieving stress, anxiety and fear takes us deeper into the Five Elements (fire, water, wood, metal, earth), to connect with the foundational inner essence of each element. This deep connection to the elements of nature helps us reach down to the core of our extreme emotions to help restore inner balance and peace from within. Participants will first work with each element separately to physically, internally, visually and audibly experience each element. This will help encourage a deeper physical, mental and spiritual connection with each element. Participants will then put all five elements together into a modified Five Elements form geared towards making a deeper and more profound connection with the five elemental forces of Nature.

Comparing Applications (120 minutes)

Leaders: Mearl Assisting: Sheri/Maureen

Room: 2

Synopsis: Tai Chi Chuan is a complete system addressing health issues as well as being proficient in self-defense. The principles of Tai Chi Chuan were born through understanding how the martial applications perform. In this session, we will explore and compare martial applications of Chen, Yang, and Sun Style Tai Chi Chuan. This is a 2-hour session.

3:30 PM

Taoist Meditation With Soft Gaze (120 minutes)

Leader: Deirdre Assistants: Dan & Mearl

Room: 1

Synopsis: Tai Chi and Qigong teaches us a path to effortless meditation. From mental calm we progress to cultivating the Qi, mindfully aware of our body from within. With continued practice we meditate outward, beyond a dualistic view of life, to an open, spacious and compassionate awareness of our connection with others and nature. Drawing inspiration and strength from nature we gaze at the world and its events from an unperturbed inner quietude.

Teaching Remotely (120 minutes)

Leader: Betty/Maureen Assistant: Meghan

Room: 2

Synopsis: This session is designed to assist instructors who are—or who are thinking of—teaching remotely. Aspects of remote teaching will be discussed including: technology (hardware and software); your venue; getting students connected; appropriate use of cameras. Additionally, we will look at the challenges of teaching via a two-dimension format in a three-dimensional world. Most of us have experienced the challenge of trying to learn Tai Chi from a video. We'll discuss why this happens and how to mitigate the frustration and challenges.

5:45 PM

Closing/Networking/Happy Hour

Meet The Team

Meghan Bryant, from Palmyra, VA, is a graduate of Radford University with a Fine Arts Degree. She has a post-graduate certification for Art Education and nearly 20 years experience with Genesis Rehab in retirement communities and nursing homes. Meghan has nearly 15 years practicing and teaching Tai Chi. As a Master Trainer for the Tai Chi for Health Institute, Meghan enjoys sharing her knowledge, enjoyment of movement, and fascination of Tai Chi during instructor and depth workshops. Her artistic mind creates many ways to experience tai chi and life itself, but always through a sense of playfulness. As a recently Licensed Massage Therapist, she is able to reflect on the artist's observance of muscles, with a better understanding of fascia and how it relates to movement. Website: <http://www.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, coming second place in a Shanghai competition for the Yang 24 form. Since 2011, Deirdre has been teaching K-12 school students and adults in the Jacksonville, FL area. After 11 years working in China, studying the Chinese language and seeing significant differences between eastern and western world views, she is able to assist her students in understanding and appreciating these differences. Website: taichihealthandwellness.com

Dan Jones, from Holt, MI, has over 52 years experience as a martial arts practitioner, with over 40yrs of Tai Chi Chuan and Won Chuen Temple Boxing and 13 years of combined experience in boxing, Japanese Karate, Tae Kwon Do, Wing Chun Kung Fu and Shorin Ryu Karate. He is also a certified Medical Qigong Practitioner. Dan is a retired police officer and security professional with over 33 years combined experience in law enforcement, hostage negotiations, personal protection and security management. Master Trainer (retired) 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 currently the Tai Chi Research Consultant for Johns Hopkins Medical Center. Dan is the founder and sole proprietor of Moving Stillness Healing Arts LLC, which specializes in Tai Chi Moving Mindfulness Meditation and Resilience Training (TCMMMRT) for PTSD. He also specializes in Tai Chi Silk Reeling Therapy for Healing and Maintaining Healthy Fascia Connective Tissue for Pain Management. His training business has a three-phase approach to healing: TCMMMRT, food and wellness education, and health coaching services for support and motivation. Website: movingstillnesshealingarts.com

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, teaching (both children and adults) have provided a strong background for her goal of introducing others to Tai Chi through classes, workshops, and being a founder of the *Learning With the Principles* Retreat. Maureen writes articles and poetry extensively and collaborated for two years with Dr. Paul Lam to produce his revised book *Teaching*

Tai Chi Effectively. Maureen is the sole proprietor of Camden Tai Chi, a Master Trainer (retired) with the Tai Chi for Health Institute, and a certified Nature and Forest Therapy Guide. Website: <https://camdentaichi.com>

Sheri Nicholson from Jacksonville, FL, is a licensed posture alignment specialist and personal trainer with over 17 years of experience. She creates programs to improve posture and enhance a healthy lifestyle through structured exercise and nutritional guidance. Sheri began studying Tai Chi seven 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: <https://seafitwellness.com/>

Michael L. Poole, from Staten Island, NY, has been studying the martial arts since 1991. He holds a third degree black belt rank in Okinawan karate and Kobudo (weapons). Mike also practices and teaches Tai Chi, Qigong, Hung Gar, and Iaido/Kendo. He is a Senior Trainer for the Tai Chi for Health Institute. Mike has spent the last couple of years adding yoga to his practice, becoming a yoga instructor with a focus on trauma-sensitive yoga. A retired police officer who also spent ten years in the US Army, Mike is the co-founder/developer of Earth And Cup, Inc, a non-profit that uses movement as the entry point for a holistic approach to healing, health and wellness. Mike enjoys wearing a kilt, and in his spare time, he plays the bagpipes. Website: <http://earthandcup.com>

Debra Schumacher, from Leesburg, FL, is a retired paralegal. She began studying meditation in the 70s and was introduced to Tai Chi in 1987 at an in-patient program for chronic pain management. She has 16+ years' experience teaching tai chi, qigong, and meditation and holds multiple teaching certifications from the Tai Chi for Health Institute and the Integral Ch'uan Institute. Her expertise is in adaptive techniques she developed while teaching at a health crisis center as well as nursing homes, so people with differing abilities can participate. Deb holds a degree in Integrative Health and Healing and is certified in several energy healing techniques, including Healing Touch, Medical Qigong, and EFT (Emotional Freedom Techniques). In addition to teaching, she serves on the boards of an Alternative Health Club, a Meditation Club and her synagogue, performs with two bands (guitar, ukulele, and vocals), plays with ukulele clubs, sings in a chorus, learns clogging, hula, and line dancing, enjoys acting, water activities, and book clubs – and sleeping-in whenever she can. Website: ChangingFocus.2savvy.com

Betty Scanlon, from Fort Myers, FL, has been a nurse for over 40 years and a Nurse Practitioner for over 25 years. She is a veteran, having 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 25 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 14 years and conducts regular workshops and classes with her trademark humor. She thinks that tai chi is adult play and important for

everyone, and her work in Pediatrics brings a unique perspective and colors her descriptions of movements. She writes poetry in the Dr. Seuss style, and has published her tai chi poem, *Tai Chi and Me*.

Website: TaiChiForBetterHealth.com

Mearl Thompson, from Southampton, PA, has been practicing tai chi for 30+ years and martial arts for 40 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 Master Bob Newmann 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, Sifu Mark Rasmus, his first teacher, Kay Kutch, and Master Chen Zhonghua. Mearl conducts workshops including: Depth of Yang 24 Forms, Sun 73 Competition Form, martial applications in the Yang Form, push-hands, self-defense for women, 42 Competition Sword Form, and The Five Animal Frolics. <https://www.ancientharmonytaichi.com>

Guests

Dr. Kathy Shirley, from Jacksonville, FL, is a Physical Therapist with Board certification in Geriatric Physical Therapy specializing in Vestibular Rehabilitation (Balance and Fall Prevention). She has completed Dr. Lam's Tai Chi for Rehabilitation and Tai Chi for Arthritis and Fall Prevention programs. She is an active member of the Tai Chi for Health and Wellness community in Jacksonville Beach, FL. Prior to her recent relocation to Florida from Texas, she was an Assistant Clinical Professor in the Doctor of Physical Therapy program at Texas Woman's University in Dallas. She currently provides Telehealth wellness and education programs while continuing to study and practice Tai Chi.

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 graduated 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. <https://balancedphysiciancare.com>

NOTES: