

Tai Chi Diagram & Brain Plasticity (Saturday, 10:00 to 10:50)

Instruction: **JAMES (MARTY) MARTIN, Havre de Grace, MD** (443) 299-2434

Description: James ("Marty") will guide you through a practice using the Tai Chi Diagram (with some modification) to help promote cognitive plasticity and healthy brain functioning. The practice moves through a progression from very simple to more challenging coordinating exercises.

BIO: James Martin, who studied for many years with Master Jou at Tai Chi Farm in Warwick, NY, travelling from Maryland to do so, has been practicing qigong exclusively for over 20 years and teaches in Havre-de Grace, MD. He also draws on over 50 years of martial arts experience in his teaching.

Inner Smile/Cell And Organ Cleansing Qigong (Saturday, 10:00 to 10:50)

Instruction: **BRUCE LA CARRUBBA, NJ & FL** www.taichiparkmasterjoutsunghwa.org

Description: Learn to use the principles of Master Jou, Tsung Hwa. The Li family cleansing qigong as learned from Dr. John Painter; the ancient Chinese practice of the "inner smile" as learned from Master Mantak Chia; and the 5-cloud/5-element practices of Master HuaChing Ni, to cleanse the cells and organs of toxic substances generated by the body's "stress circuit". This is a simple and effective practice for dealing with the stressors encountered in everyday life. We will learn to access the ever-present healing/restorative powers of nature and of the 5 elements to detoxify the cells and convert harmful negative energy into positive healing energy. We will further explore how the mind/intent(Yi) can actually transform physical cell structure, moving from particle to wave as is being proven in the field of Quantum Physics.

Chan Ssu Chin: A Reeling Silk Exercise (Saturday, 11:00 to 11:50)

Instruction: **DAVID CHANDLER, Waterford, CT** www.eaglesquesttaichi.com

Description: The Chan Ssu Chin is a total body awareness, energy exercise system that includes full range of motion and functions as a moving meditation and mindfulness practice. With movements that follow the path of the Yin/Yang sphere, health benefits include increased flexibility, balance, energy, mental acuity and stress reduction and also improves lymphatic function and joint mobility. Understanding Reeling Silk is fundamental to learning Tai Chi Chuan at its core. This particular Chan Ssu Chin Form was created by David Chandler, based on principles he learned from Master Jou Tsung Hwa. An instructional DVD is available to purchase for home practice. Appropriate for all levels. No Tai Chi experience necessary.

Play with the Five Animal Frolics Qigong (Saturday, 11:00 to 11:50)

Instruction: **GEORGE HOFFMAN** www.silverdragontaichi.com

Description: This wonderful healing series is attributed to Hua Tuo (207 CE), the father of Chinese medicine. This system has been used for nearly two thousand years as preventive exercises to keep the body healthy and prevent disease. We'll play with at least one of each of the Five to help us seek out the spirit and healing qualities of the animals. You can easily walk away with this one - an excellent addition to your daily regimen.

BIO: George Hoffman, Director Silver Dragon Tai Chi & Qi Gong, LLC. George has had 22+ years in teaching and 28+ years of continuous study and practice of the arts of Tai Chi & Qigong. He has successfully developed and continues to deliver classes in both arts for a number of public and private recreational, community and health-focused healing centers. His goal is to give students the tools with which to reap the ongoing health and self-healing benefits associated with these wonderful ancient Chinese arts.

Tai Chi & Interconnection of all Parts of the Body (Saturday, 11:00 to 11:50)

Instruction: **BOB & JEAN KLEIN, Sound Beach, NY** www.movementsofmagic.com

Description: A large part of Tai-chi training is to understand and experience how each part of the body contributes to each movement. Where does the movement originate? How does the resultant energy flow through the body to make the body like water? We will explore the first few movements of the Yang short form with emphasis on the pelvis, sacrum, tailbone and root. This will greatly increase the range of motion of the center of your body.

There is also the subject of the sequential rotation of the joints - common to most of the animal styles. How to do the form as an animal style. We will do the same movements in each of the styles. This is the way to get the most out of the forms you already know.

Temple Exercises: Energy Sequence (Saturday, 12:00 to 12:50)

Instruction: **DAVID CHANDLER, Waterford, CT** www.eaglesquesttaichi.com

Description: It has been suggested that historically, The Temple Exercises were practiced by the monks to develop their bodies for enhancement of their meditation practices. This particular set was developed by David Chandler to amplify the stretching qualities of the exercises and increase chi cultivation through connective tissue activation. The Temple Exercises Energy Sequence are easy to learn and can be practiced by beginners and advanced players both as a warm up before playing Tai Chi or as a complete practice. The workshop will include a handout of the basic set taught by David Chandler for continued home practice.

Marrow Washing Qigong (Saturday, 12:00 to 12:50)

Instruction: **GEORGE HOFFMAN** www.silverdragontaichi.com

Description: Come work with this sixteenth century qigong that can help us cleanse our bone marrow, strengthen our bones and enhance the effectiveness of our body's immune system. Learn simple stance, movement, breathing and focused intention techniques to help strengthen your whole body and have a positive impact on your long-term health and well-being.

Stepping for Stability & Strength (Saturday, 12:00 to 12:50)

Instruction: **STEPHEN WATSON, CT** farmingoursomedays@gmail.com

Description: Our base is our basis of Structure, Stability, and Strength. Using footwork practices, we will simplify our approach to our Art. Balance, Power, Health all have root at their root. Let's root for a healthy root and cheer on the good cheer we feel when balanced, powerful, and healthy.

This workshop will feature specialized stretches, step practices, strength training as well as stability development and recovery practices. Developing awareness of, value in, and attention to the place where we meet the Earth will always be immensely helpful to any practitioner of the art of humanity.

We'll practice solo and partnered stepping practices. We'll share shifting and pivoting training. We'll open our legwork practice to the wonderful worlds of Nèi Gōng, Wài Gōng, Qì Gōng, & Pàida Gōng. Even though our study will focus on our base level, our workout will be enjoyed by our entire being. Legs, Mind, Breath, and Arms. Join us for a walk in the park which will both be and not be a walk in the park.

Our Hands - Our Earliest Digital Technology (Saturday, 3:50 to 5:00)

Instruction: **STEPHEN WATSON, CT** farmingoursomedays@gmail.com

Description: They say "Wave Hands like Clouds" and our mind go to the Clouds. And the clouds are great. But let's not let clouds cloud our focus. Wondrous and wise as they are, let's spend a spell considering our hands. They are a part of each expression of Tàijíquán. Our hands, these hands, they connect us to our Art and our partners...our energies and our World.

Often, our hands serve as the last place to influence our energies before they are received by others.

Will we offer Connection? Listening? Healing? Questioning? Kindness? Ferocity? Clarity? Comfort.

Think yourself a Warrior, think yourself a Healer. Your thoughts will find their way through your hands into the focus of your expression. Whether that is an opponent's Single Whip, Spear, or a Garden bursting with herbal remedies; your hands will not only be a primary way for you to relate to the world we all inhabit but a primary way for the world to relate to you. For the world to know you.

The hand. It holds out to receive. It extends in offering. It grasps, cradles, squeezes, and carries. The heart of the palm has been known to the Chinese for centuries as the Palace of Toil. Forearms, fists, and wrists. Fingers...our original digital technology! Our workshop will include Stretching, Qì Gōng, Self-massage, Mudras.

Let's focus on the way we interact with the proximate world most regularly.

BIO: Stephen Watson has immersed himself in Eastern philosophy for over 32 years. Taoism, the philosophical root of Taiji, is made clearer in a moment with Stephen than in poring over dozens of translations from the Classics. Stephen's martial training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough Why's you have Wise. He specializes in transmitting a profound understanding of why. Ask a question and he will show you that you already know why. There are no hidden treasures only closed eyes. Stephen is has been featured in Inside Kung-Fu magazine and is known the world over for his engaging personality, kind-hearted approach to teaching and, of course, his world-class skill. Stephen travels the world offering workshops on various Chinese martial arts. Stephen Watson is the only person to compete in, referee at, and teach at martial arts

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tournaments for every umbrella organization at their national level. He is an International, 18-time US, and now World Champion in Taiji Push Hands. He operates a small martial arts school in Connecticut where he hosts masters from far and yon. His teachers include every person he has ever met. Come be his next teacher.

Incremental Movement in Tai chi chuan (Saturday, 12:00 to 12:50)

Instruction: **RICH MARANTZ, Manchester, VT** www.greenmountaintaichi.com)

Description: Expanding on Master Jou's teaching of frame by frame movie-like movement, Rich will share exercises to develop and understand inch by inch movement in Tai chi chuan, and its physical and life applications.

The Taoist Nei Gong and Breath Work (Saturday, 2:00 to 2:50)

Instruction: **DR. MEI JIN LU**

Description: Nei gong is a fundamental practice of qi science in Tao. The primary driver in nei gong is meditative breathwork combined with mental awareness and internal energy movements – flow of qi, the opening of the energy gate ... essential to all qigong, tai chi and martial arts.

Nei gong is the foundation for all of the other internal qigong components and has been used for thousands of years by the Taoists to maintain superior health, to heal illness and to experience profound inner stillness.

Mei Jin Lu, PhD, a Taoist philosophy teacher and a 25th generation descendant of ancient prestigious Quan Zhen Tao Lineage, will divide the 50-minute workshop into 2 parts, consisting of a 20-minute lecture and 30 minutes of a step by step nei gong practice.

Participants will leave the class refreshed and enlightened. The practice you will learn can be easily done by yourself at home on a daily basis.

BIO: Dr. Mei Jin Lu, is a Taoist philosophy teacher and a 25th generation descendant of ancient prestigious Quan Zhen Tao Lineage. She lectures on various disciplines of Eastern healing movements (Tai Chi, Qigong) and philosophy worldwide. She is the President of US Health QiGong Association and US Taoist Association, Rules and Regulation Committee of the International Qigong/Tai Chi Federation, and owner of "Qi" Wellness Center in NJ. She is a past executive director of the I-Ching Society in Beijing, the founder of the School of Eastern Philosophy in the US. She is also the author of the Wisdom of Tao Oracle cards, Volumes I and II (US Games Systems, Inc.).

Master Jou's Esoteric Practices (Saturday, 2:00 to 2:50)

Instruction: **BRUCE LA CARRUBBA** www.taichiparkmasterjoutsunghwa.org

Description: Join one of Master Jou's senior students as he takes you on a journey back to a typical Master Jou class at the legendary Tai Chi Farm in the early 1990's. Rediscover the principles of taiji and qigong as taught by an inspirational teacher and author whose influence continues and can be palpably felt in every workshop venue you will attend this weekend.

BIOS: Bruce La Carrubba operates the Master Jou, Tsung Hwa Memorial Tai Chi Park in Wantage, New Jersey and teaches Master Jou's taiji, qigong, and meditation principles in New Jersey and South Florida.

Pain Freeing Qigong (Saturday, 2:00 to 2:50)

Instruction: **DR. CJ RHOADS** (www.taijiquanenthusiasts.org)

Description: How Would You Like To...

- Decrease back pain, neck pain, knee pain, joint pain, tendon pain, or any other kind of pain?
- Decrease the stiffness and pain from arthritis?
- Understand the pain mechanism in the body?
- Know what increases pain and what decreases pain?
- Regain the energy and flexibility of youth?
- Feel less tired and depressed?

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- Increase strength and stability?
- Prevent falls and regain your balance?
- Feel less annoyed when dealing with difficult people?
- Increase your memory and fend off the effects of dementia and old age on the brain?
- Live a longer, healthier, happier life?

Health research shows what we've always known: daily qigong is an effective answer to many age-old problems.

Join this workshop for Pain Freeing Qigong. CJ Rhoads has lived in chronic pain since November 5, 2002 when she was injured in a devastating car accident. But she doesn't let her chronic pain stop her. She cracked the code of how pain works, and learned to short-circuit the pain mechanism so that she can completely ignore the pain and live a full, productive, successful life. The lessons she has learned can help you deal with any and all your pains, both small and great, whether caused by muscles, joints, or nerves. The qigong she developed serves as a mnemonic to the activities necessary to stay out of pain and live a healthier, fuller, life.

BIO: Dr. CJ Rhoads. has been studying Taijiquan for almost thirty years. Rhoads was one of the founding members of the Taijiquan Enthusiasts Organization, a worldwide virtual organization of health and martial artists, and she enthusiastically attended many Zhang San Feng Festivals at the Tai Chi Farm. She is also the developer of a leadership and self-development curriculum for children based upon the principles of Taijiquan. She holds several certifications to teach Taijiquan, is a member of the National Qigong Association, and has been named Taijiquan Promoter of the Year. Rhoads has firsthand experience regarding the transforming powers of the gentle art of Taiji. Since her devastating accident in 2002, Rhoads was named one of Pennsylvania's Best 50 Women in Business, an Athena award winner, and one of the Most Influential Women in Eastern PA, and Top Faculty Researcher. She was also named the National Champion and Gold Medal winner in Female Push Hands in October 2009 in the International Chinese Martial Arts Tournament circuit. Currently, she spends a lot of her free time working with Bill Douglas and Angela Wong making sure that World Tai Chi & Qigong day keeps growing world-wide, and she helps Bruce LaCarrubba maintain the Master Jou, Tsung Hwa Memorial Tai Chi Website.

Process of Movement in Tai chi chuan (Saturday, 2:00 to 2:50)

Instruction: **RICH MARANTZ, Manchester, VT** www.greenmountaintaichi.com

Description: Participants will explore various process of movement in Tai chi chuan such as: Open Close Gather Release, From the ground through the body out through the hands, From the torso out through the extremities, and dantian as whole body.

BIO: Rich Marantz is the director and instructor at Green Mountain Tai Chi in southwestern Vermont. Rich has been a student and practitioner of the Chinese healing, martial, meditative, and philosophical arts for 28 years. He studied with Master Jou, Tsung Hwa at the Tai Chi Farm, and is certified in the instruction of Tai Chi and Qigong as well as External qi healing under Wudang Taoist Master Yun, Xiang Tseng.

Taoist Philosophy of Body, Mind and Spirit (Saturday, 3:00 to 3:50)

Instruction: **PROFESSOR CHANG-SHIN JIH** www.taijiquanenthusiasts.org

Description: In this workshop, Taoist philosophy and cultivation of body, mind and spirituality will be introduced. Taoist understanding of body includes physical body, bio-energy body and dharma body. These three bodies are related to three spaces and three treasures of energy: jing, qi, and shen. Upper space – cosmic energy (宇宙能量); Middle space – reincarnation energy (轉世能量); Lower space – personal energy (本體能量). The three spaces are three dantians that can be used as cauldrons (鼎). Working with those spaces helps us address health issue and set up our resonance/response (ganying 感應) with the social world, and cosmos.

BIO: Dr. Luke [Chang-shin] Jih is a college professor specializing in the fields of "Asian Philosophy," and "Rituals of Body, Mind and Healing in the World Religions." He is an author and advocator for "Inter-Religious Dialogue and Enrichment." In addition, Dr. Jih is also monastery-trained and certified instructor in Taoist Meditation and Inner Alchemy. He had been rewarded as black-belt Tai Chi instructor and earned innumerable certificates on the fields of holistic healing such as Qi-Qong, Yoga and Vipassana Meditation, just name a few.

Snake & Dragon QiGong (Saturday, 3:00 to 3:50)

Instruction: **BOB & JEAN KLEIN, Sound Beach, NY** www.movementsofmagic.com

Description: We will learn several Qigong sets to make the body sinewy and springy, improve breathing capacity and gain awareness of each joint and muscle of the body as well as the use of the connective tissue. For each set, I will show how to bring the movements into Tai-chi form movements to bring them alive. These exercises will stretch and heal the spine and pelvis.

Self-Care with Dao Yin (Saturday, 3:00 to 3:50)

Instruction: **JENNIFER STEFFENER** jensteffener@gmail.com,

www.jennifersteffener.com

www.njsurfschool.com

Description: Did you know that besides feeling good, Dao Yin can help diminish or eliminate some of the effects of aging? Gentle movement and acupressure can increase blood circulation, combat depression, improve balance and flexibility, reduce the pain of arthritis or injury, increase joint mobility, promote better sleep, improve posture and encourage overall well-being.

This workshop will teach you simple and easy-to-learn techniques that you can perform on yourself. You will discover points and applications that will bring you comfort, improve your health and enhance your quality of life. We will discuss and learn how to help relieve the symptoms of common ailments such as sinus congestion, headaches, general aches and pains, digestion and elimination problems, low energy and stress.

BIO: Jennifer Steffener is the owner of JS Associates for Therapeutic Massage, LLC. She is a Licensed Massage Therapist and has advanced training in a variety of massage techniques. She has been educating and sharing the benefits of massage therapy and holistic practices since 1990. Jennifer is an accomplished and Certified Tai Chi, Qigong, and Meditation Instructor and a senior student of the late Grandmaster Jou, Tsung Hwa. Looking to deepen her knowledge about movement and health, Jennifer decided to further her training and became a Registered Yoga Teacher in 2018. She currently teaches Tai Chi, Qigong, Meditation, and Yoga in Ocean and Monmouth Counties. She created the Natural Solutions for Healthy Living Workshop Series, which she teaches at various studios and centers throughout the area. Jennifer provides ongoing corporate wellness presentations for both staff and management development programs. She consults and teaches Yoga, Tai Chi, Qigong, breathing, and mindfulness practices for F.I.R.S.T., a Mental Health and Stress Resiliency Training Program for First Responders. Jennifer is also an avid surfer, stand up paddleboarder, and snowboarder and co-owns Coastline Adventures Surfing School, LLC. She is a Master Level Instructor and is certified by the National Surf Schools and Instructors Association. She specializes in teaching holistic-minded surfing and stand up paddleboarding camps utilizing Tai Chi, Yoga, and Mindfulness principles.

Master Jou's Chen II Form (Paochui) (Saturday, 3:00 to 3:50)

Instruction: **RICHARD GREENE, South Orange, NJ & Clermont, FL**

Description: Learn the powerful and explosive (Fa Jin) movements of the Chen Second Routine sometimes known as "Cannon Fist" from Richard Greene.

BIO: Richard Greene was one of Master Jou's students who continuously took classes with him from the early 70's at Rutgers University, until his passing in 1998) and was intimately involved in the evolution of Master Jou's Tai Chi Theories as Master Jou acknowledged in his book The Dao of Taijiquan. Richard has been studying various forms of martial arts for over 50 years. He continues his studies into Eastern healing modalities and is now a certified acupuncture practitioner in NJ and licensed Acupuncture Physician in Florida. Contact # 973-675-1734

Master Jou's Evolution (Saturday, 4:00 to 4:50)

Instruction: **RICHARD GREENE, South Orange, NJ & Clermont, FL**

Description: Gain firsthand insight from Richard Greene from his worldwide adventures with Master Jou, from 1972 to 1998, and how his Taiji and QiGong practices and philosophies evolved over time.

*Come celebrate Master Jou, Tsung Hwa's
Birthday Celebration & Tai Chi Festival with us
on July 10th and enjoy an unforgettable
and life-enhancing event.*



Grandmaster Jou, Tsung Hwa demonstrating at the
Zhang San Feng Festival, Tai Chi Farm 1996