

# ***LIVING WITH THE PRINCIPLES***

***A Tai Chi Retreat***



January 22-25, 2017  
Jekyll Island Convention Center  
Jekyll Island, GA



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# The principle for Sunday is **Posture**

## **Sunday - Morning Sessions**

8:30 -9:00 am - **Registration** Lobby

9:00 - **Welcome/housekeeping, Warm-ups + Day's Teasers** Room 4

10:30 BREAK

11:00 - 1:00 pm (choose one)

### **Keys To Great Workshops: Yours and Others**

**Synopsis:** Looking for professional development in the Tai Chi/Qigong realm? There are a ton of workshops out there now-a-days. But how do you make your selection? During this interactive session, we will discuss: how to find quality training; determine what is quality; examine important credentials; and discover what makes a workshop GREAT. QP: How do you find quality training; know if something is quality; what credentials do you look for? Plus, how to write your resume to show you are qualified; how to create a presentation package and be able to speak to it. GW: You are currently teaching classes, but want to branch out to 1-2 day workshops/events. What makes a GREAT workshop. How to get GREAT feedback and what to do with it.

Session Leader: Betty/Maureen Track: Education/Marketing Room: 3

### **Qi Awaking & Fascia Stretching**

**Synopsis:** The many benefits of playing tai chi and qigong include qi movement and fascia stretching. Qi, the energy within and around us, can be awakened and increased by exercise. Fascia is the connective tissue organized as an interconnected 3D network. It's the web that supports the bones, muscles, etc., without which, the body would fall apart. During this session you will learn simple routines to: feel qi movement throughout various parts of your body; and work your fascia making it more elastic and more resilient to injury.

Session Leader: Mearl Track: Health/Nutrition Room: 4

### **Silk Reeling Introduction**

**Synopsis:** Silk reeling is named for the quality of movement that is practiced. The movement must be like a spider spinning a web. If the spider moves too fast or too slow, the silk will break and be lost. Silk reeling exercises train the body to move as a whole unit lead by the dantian area. During this active session you will learn: what is silk reeling (practice); what is spiral force (application); how does silk reeling (the practice) benefit your health as well as tai chi. We will practice: stances, stepping, and ground-waist connection using stationary, figure eight, spiraling palms, and cloud hands patterns.

Session Leader: Dan Track: Tai Chi/Qigong Room: 5

## Sunday - Afternoon Sessions

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

3:00 - 5:00 (Choose One)

### How Cool Is That

**Synopsis:** Fans have several purposes. The basic use was as a cooling system or to ward off insects. In days past, they often served as a status symbol as well as an ornament. Made from a variety of materials, they were decorated as to allow the artist to express themselves and gain notability within circles of friends. In Asia, the fan also became a deadly weapon, and, in the hands of a skilled person, it could be used as a weapon to overcome several attackers at the same time. In this session, we'll play with tai chi fans to learn how to open and close one in different positions and how to use it for a basic tai chi movement.

Session Leader: Betty

Track: Education/Marketing

Room: 3

### Tai Chi for Shoulder Rehabilitation (Open to public)

**Synopsis:** Research shows that the ancient art of Tai Chi is a safe and effective exercise for many things, including: fall prevention, chronic conditions, stress, depression, high blood pressure. Tai Chi has also been used effectively for shoulder rehabilitation after injury, stroke, and/or as a means of keeping these joints well functioning. During this session, you will learn safe, effective, verified Tai Chi movements that can be used for shoulder rehabilitation. NOTE: This is an introduction to the Tai Chi for Shoulder Rehabilitation workshop developed by Dan Jones together with a physical therapist in 2011. It has been successfully used in Michigan.

Session Leaders: Dan and Maureen

Track: Health/Nutrition

Room: 4

### Sensing Hands: Sensitivity Training

**Synopsis:** Push hands or "sensing hands" is the culmination of all the principles of tai chi ch'uan. It is utilized to understand the information being received from your opponent in order to detect where his or her energy is being directed. The process of listening, yielding, redirecting, and issuing are all important and vital pieces of the whole system. During this session you will learn: how to prepare yourself to detect another's energy; how to know where it is being directed; how to "listen" for this energy; why and how you should yield to it; and what is involved in redirecting another's energy; and how to teach sensitivity training to others.

Session Leader: Mearl

Track: Tai Chi/Qigong

Room: 5

# The principle for Monday is **Mindful Breath**

## **Monday - Morning Sessions**

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

9:30 - 10:30 (Choose One)

### **More Than Cool**

**Synopsis:** Discover how to use a fan for basic tai chi movement(s), plus how to use the dantian to open and close a fan and direct fan movements.

Session Leader: Betty Room: 3

### **Silk Reeling Review**

**Synopsis:** What is silk reeling (practice)? What is spiral force (application)? How does silk reeling practice benefit your health as well as your tai chi?

Session Leaders: Dan Room: 4

**Impromptu/open form practice** Room: 5

10:30 BREAK

11:00 am - 1:00 pm (choose one)

### **Good Data In; Good Info Out**

**Synopsis:** Feedback—following a class, workshop or event—is not only important in your growth as an instructor, but can also assist you in obtaining funds, marketing, and educating the general public. In this session, we will discuss what you (should) want to know about how tai chi has affected your participants as well as what you'd like to know about your class (and teaching) in general? Then we will explore best practices in gathering information and brainstorm how to use it to assist in research, marketing, obtaining grants, educating the general public, and/or keep participants coming back.

Session Leader: Beverly Track: Education/Marketing Room: 3

### **Incorporating the Five Elements**

**Synopsis:** Gain a greater understanding of how to eat healthy, what constitutes a healthy diet, how to determine a balanced diet, how to apply health-supportive cooking methods, the importance of establishing a food diary. GFH: See how food affects mood; how cooking methods and temperature affect the energetics of food; how consuming foods affect our energy and health; how foods in each element balance and unbalance each other. Understand the relationship between energy, movement and the five elements.

Session Leaders: Dan/Stephanie Track: Health/Nutrition Room: 4

### **Sensing Hands: Making Contact**

**Synopsis:** Our bodies contain a connective tissue which is a unique and complex system of interwoven fiber called fascia. We can develop our fascia through dynamic stretching. The fascia has the ability to return energy at a very efficient level. When we begin to make physical contact with our partner, we tap into our fascia as well as theirs. Knowing just how much pressure to apply to our partner will result in their energy bouncing off our fascia. By the end of this session, a follow-up to *Sensitivity Training*, you will understand how to expand, contract, and bounce energy.

Session Leader: Mearl Track: Tai Chi/Qigong Room: 5

## Monday - Afternoon Sessions

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

3:00 - 5:00 (Choose One)

### Chi Balance

**Synopsis:** Tai Chi has been singled out by the CDC as THE best exercise for fall prevention. We know too well, however, that practice falls by the way-side when not in class. During this session, we will: review “why” the CDC selected Tai Chi; explore and itemize principles and types of movements most important for fall prevention; and create a list/booklet of simple, fun, tai-chi-type movements (and reminders) that folks can/will WANT to use daily.

Session Leader: Maureen

Track: Education/Marketing

Room: 3

### Subtle Energy: The Art and Science

**Synopsis:** Qi is central to our practice of Tai Chi Chuan, but is it “real”? During this session, you will explore the applications of Qi and subtle energy forms, and discover exciting new research developments that support our practice.

Session Leader: Stephanie

Track: Health/Nutrition

Room: 4

### Tracing Life to Its Source

**Synopsis:** Return to a primordial state of being by strengthening your prenatal qi using this ancient qigong practice to absorb qi from the environment. This practice combines a deep qigong mediation while moving the body gently. Circulating hands gathering in universal life forces. By moving in reverse with the seasons—starting with spring— there is a turning back of time. Energetically, this reversal of time takes you back towards your prenatal original qi – the primordial qi state of pure health, pure spirit, and undifferentiated unity.

Session Leader: Dan/Betty

Track: Tai Chi/Qigong

Room: 5

## 6:00 - Five Element Drumming

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, but everyone can hit a drum!

**Note 1:** For a preview of “Five Element Drumming”, go to <https://www.youtube.com/watch?v=D3pnKzFj9v8>

**Note 2:** You may bring your own djembe (african drum). For those who don’t have one, we will provide you with an appropriate tool.

**Note 3:** This session is open to family/friends that have accompanied you to Jekyll Island.

# The principle for Tuesday is “Song”

## Tuesday - Morning Sessions

9:00 **Warm-ups + Day’s Teasers**

Room 4

9:30 - 10:30 (Choose One)

### Five Element Qigong

**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. During this session, a qigong routine will be used to help you understand the relationship between various organs, their element, and movement.

Session Leader: Dan/Stephanie

Room: 4

### Sensing Hands

**Synopsis:** Take this opportunity to practice and review your sensing hands techniques. Mearl will be giving pointers and suggestions for improvement.

Session Leader: Mearl

Room: 5

### Impromptu/open form practice

Room: 3

10:30 BREAK

11:00 - 1:00 pm (choose one)

### Extra! Extra! Media, All About It

**Synopsis:** As clients (and potential clients) become more “tech-savvy”, so must we. Often times fliers, posters, or even emails go unseen/unread. What to do? Join us to discover how to capitalize on today’s free and/or low cost advertisement—including social media—to raise awareness and draw participants to your health and wellness events.

Session Leader: Sheri

Track: Education/Marketing

Room: 3

### Tai Chi For Shoulder Rehab

**Synopsis:** This is a repeat of the Shoulder Rehab session as listed for Sunday afternoon. It is also an opportunity to practice and review shoulder rehab movements and principles.

Session Leader: Dan/Maureen

Track: Health/Nutrition

Room: 4

### Sensing Hands: Making Circles

**Synopsis:** How does one meet the incoming force with balance and in softness, move with it until intent is determined, and redirect it or allow it to exhaust itself? In this follow-on module to *Making Contact*, you will gain a better understanding of “question and answer” exchanges between training partners. The dimensions of patterns at different directions and heights will be added to make routines even more challenging by adding single and two-handed push hands techniques.

Session Leader: Mearl

Track: Tai Chi/Qigong

Room: 5

## Tuesday - Afternoon Sessions

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

3:00 - 5:00 (Choose One)

### Tracing Life to Its Source

**Synopsis:** A follow-on to Monday afternoon's session. This is an opportunity to review and practice the primordial qigong movements.

Session Leader: Dan/Betty

Track: Health/Nutrition

Room: 3

### Movement, Meridians, Chakras

**Synopsis:** Explore and share your understanding of the internal energy centers (whether chakras, dantian, or some other name), their locations in the body, and the practical functions in daily life.

Session Leader: Sharon

Track: Education/Marketing

Room: 4

### Five Animal Frolics

**Synopsis:** Created by the Physician Hua To (110-207 A.D.) and prescribed to his patients to practice specific animals for specific ailments, the Five Animal Frolics is an exercise which combines both external physical exertions along 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.

Session Leader: Mearl

Track: Tai Chi/Qigong

Room: 5

# The principle for Wednesday is **Continuity of Movement**

## **Wednesday - Morning Sessions**

9:00 **Warm-ups + Day's Teasers**

Room 4

9:30 (Choose one)

### **Shoulder Rehab With Tai Chi Bang**

**Synopsis:** The Tai Chi Bang (stick) allows for a unique method of training joints and tendons to develop stronger and more flexible muscles and hand, wrists, and arm strength. In this session we will explore safe, effective and verified movements that can be used for shoulder rehabilitation using the Tai Chi Bang. (Bring your own or use one that is available for purchase.)

Session Leader: Dan/Maureen

Room: 4

### **Five Animal Frolics**

**Synopsis:** A follow-up to Tuesday morning's session. This is an opportunity to review and practice the Five Animal Frolics, as well as to discuss teaching and modifying these movements.

Session Leader: Mearl

Room: 5

### **Impromptu/open form practice**

Room: 3

10:30 BREAK

11:00 - 1:00 pm (Choose One)

### **Pride in Promoting**

**Synopsis:** Discover tools and techniques for effectively and efficiently presenting yourself—and your subject—to special interest groups, medical conferences, doctors, universities, and more.

Session Leader: Meghan

Track: Education/Marketing

Room: 3

### **Aging With Vigor**

**Synopsis:** Large numbers of individuals are entering the over 65 demographic, and this is a worldwide trend. There is no developed nation that has the resources to care for large numbers of the ill-aged. Creating a culture of fitness and health for this age group is essential to our nations's economic and social stability. Explore why developed nations currently have no resources to care for large numbers of the ill-aged and how this affects our economic and social stability; examine solutions which could create a culture of fitness and health for this age group;and determine how you can assist.

Session Leader: Stephanie

Track: Health/Nutrition

Room: 4

### **Learning From the Snake & Crane**

**Synopsis:** Essential to all systems of tai chi training is silk reeling, which includes knowing how to use Yi focus to move Qi through the body. This helps to develop the beautiful, graceful movements of nature that tai chi is based upon. During this session, participants will learn: how to go deeper into their silk reeling practice by connecting with and bringing the energy and spirit of the snake and Crane into their tai chi movements; learn how spiral force moves through the body; how to apply spiral force to your practice using spiraling palm and body wave techniques, cloud hand patterns or other short movements.

Session Leader: Dan

Track: Tai Chi/Qigong

Room: 5

## Wednesday - Afternoon Sessions

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

3:00 - 5:00 (Choose One)

### Deciphering Acupuncture & Acupressure

**Synopsis:** Explore acupuncture & acupressure; learn how it works; discover how you can use it to help your pet/animals.

Session Leader: Stephanie

Track: Education/Marketing

Room: 3

### Guolin Anti-cancer Qigong Walking

**Synopsis:** *Guo Lin Walking* was first introduced in China in the 70's by a female Qigong master by the name of Guo Lin. It was also one of the first styles of Qigong to be scientifically researched. Studies confirm amazing results, not only for cancer, but for many other diseases as well. During this active session, you will experience this powerful walking exercise, and we will discuss how, when, and where it can/should be used for health improvement.

Session Leader: Dan

Track: Health/Nutrition

Room: 4

### Putting on the Gloves

**Synopsis:** Rooting, yielding, and release of power (Fa Jing) are three primary principles of movement cultivated by sensing hands practice, with an eventual goal for self-defense purposes. This session is designed to help you understand how to fold the kuas (shoulders and leg) and connect to the fascia to be able to move someone, in a cooperative manner—without using muscle.

Session Leader: Mearl

Track: Tai Chi/Qigong

Room: 5

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

# The Best Of My Library

## MEGHAN BRYANT

1. *There Are No Secrets: Professor Cheng Man Ch'ing and His T'ai Chi Chuan* by Wolfe Lowenthal

"Wolfe Lowenthal's quiet little memoir will with window-opening wisdom reinforce, I think, my view of how Cheng stood on Tai Chi. It tells how a young writer reacted to this strange Chinese man when he appeared in New York City in the mid-1960s and stayed there for a decade before returning to Taiwan to die in 1975. In a nickel town where neurosis is a cardinal virtue, the Tai Chi center established by Cheng soon became an oasis of learning. In my visits there I was invariably approached by a quiet fellow with a ready smile and loads of questions. His form and sensing hands improved but he never lost his kindly ways. This led me once to tell the three seniors that the one person in the club who best exemplified Tai Chi was this junior. That man who has since become a teacher of the art is the author of this book." ~ Robert W. Smith, from the Preface

2. *Secret* by Rhonda Byrne

In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. *The Secret* contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of *The Secret*, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible. ~ Amazon

## SHARON FULTZ

1. *The Root of Chinese Chi Kung* by Dr. Yang Jwing Ming

Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you practice, you'll find the keys to successful training in *The Root of Chinese Qigong*. ~ Amazon

2. *Light on Life* by B.K.S. Iyengar

... Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage's great wisdom, *Light on Life* is the culmination of a master's spiritual genius, a treasured companion to his seminal *Light on Yoga*. ~ Amazon

## DAN JONES

1. *Chen Style Taijiquan: The Source of Taiji Boxing* by Davidine Sim & David Gaffney

As Taijiquan has become increasingly popular, many people have inquired into its origins and development. Answers can be found in the Chen Style, the original method from Chen Village, Henan Province in the People's Republic of China. This book guides the reader through the historical development of the system, its philosophical roots, and through the intricacies of the various training methods of this unique form of Chinese boxing. Legendary exploits of the Chen family are included to inspire today's practitioners. ~ Amazon

2. *The Essence of T'ai Chi Ch'uan: The Literary Tradition* by Lo, Inn, Amacker, Foe

A handbook of the classical Chinese literature on which the art of t'ai chi is based. First English translation of the classic texts of T'ai Chi Ch'uan. This is required reading for practitioners of every style. ~ Amazon

## **MAUREEN MILLER**

### 1. *The Way of Qigong* by Ken Cohen

The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. ... In this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health. ~ Amazon

### 2. *Embrace Tiger, Return to Mountain: The Essence of Tai Ji* by Chungliang Al Huang, Barry Stevens, Alan Watts

The author writes in the introduction, "As always, the most important of my Tai Ji disciplines is to know when to stop the thinking words and start the dancing. My spirit takes my mind-body out to my garden and up to my roof studio, to dig my heels into the earth and to open my arms to the sky. I will gather and scoop in all my assets from outside and from within - I Embrace my Tiger and Return to my Mountaintop. I survey my panoramic vision and shout with my heart full of joy. I kick up my heels and soar. I feel just fine.....and so, dear readers, open any chapter and enjoy the beginning. There are no starting and ending numbers on the circle. Life's learnings are ever-expanding circles, always starting from the Center within. Happy reading and dancing...." ~ Amazon

## **SHERI NICHOLSON**

### 1. *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz

In *The Four Agreements*, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and creates needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. ~ Amazon

### 2. *Tai chi for Health* by Edward Maisel

The classic text that introduced Tai Chi to an American audience a generation ago. Originally published in 1963, it is widely regarded to be the original introduction to the movement art to Western enthusiasts. ~ Amazon

"One of the best books on the subject...practical throughout and stripped of mysticism."—  
The New York Times

## **STEPHANIE TAYLOR**

### 1. *Vibrational Medicine for the 21st Century* by Richard Gerber MD

In this ground-breaking self-help work, Dr. Gerber writes, "In the world of vibrational medicine, illness is thought to be caused not only by germs, chemical toxins and physical trauma but also by chronic dysfunctional emotional-energy patterns and unhealthy ways of relating to ourselves and other people. Rather than relying on drugs and scalpels to treat illnesses, the vibrational approach employs different forms of energy to bring about healing changes in the mind, body, and spirit of the sick." ~ Amazon

### 2. *The Web That Has No Weaver* by Ted Kaptchuk, OMD

...the classic English language introductory text that explains how medicine so rooted in the archaic past can be relevant to modern health care. The book demystifies the worldview of Chinese medicine. Yin and yang, dampness and wind are easily comprehended. *The Web* lets the reader see, feel and discover aspects of illness that modern biomedicine overlooks

or cannot even understand. The use of acupuncture and herbal medicine to regain harmony and balance is explained. ~ Amazon

## **MEARL THOMPSON**

1. *Inner structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung* by Mantak Chia & Juan Li

*The Inner Structure of Tai Chi* explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring. ~ Amazon

2. *The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice* by Wong Kiew Kit

A comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. Packed with step-by-step illustrations for practice at home, this tai chi guide covers everything you would want to know about this ancient art, including its benefits for mental, spiritual and emotional development. This tai chi book is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. ~ Amazon

3. *Between Heaven and Earth: A Guide to Chinese Medicine* by Harriet Beinfield and Efrem Korngold

Two of the foremost American educators and healers in the Chinese medical profession demystify Chinese medicine's centuries-old approach to health. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, BETWEEN HEAVEN AND EARTH opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. ~ Amazon

## **BEVERLY ROBERTS**

1. *Teaching Tai Chi Effectively* by Dr. Paul Lam with Maureen Miller

Dr. Lam provides a good way to teach tai chi or any discipline that requires the student to be able to duplicate movements on their own. I've been teaching tai chi for almost 19 years, and I've found the 3 step method is very powerful: watch me, follow me, and I'll watch you. Combined with implementing his recommendation on how to use positive reinforcement it has helped my students learn the forms I teach, and it has made me a better teacher. I highly recommend this book. ~ Amazon customer review

2. *The Internal Structure of Cloud Hands: A Gateway to Advanced Tai Chi Practice* by Robert Tangora

*The Internal Structure of Cloud Hands* offers readers an in-depth look into the art of T'ai Chi Ch'uan via the practice of Cloud Hands, a foundational exercise common to all schools of this popular martial art. Part theoretical treatise, part training manual, this book facilitates a deeper understanding of "internal" movement and training for students of T'ai Chi and other internal martial arts. Step-by-step exercises help to bring the theoretical into concrete practice and application. ~ Amazon

## **BETTY SCANLON**

1. *T'ai Chi Classics (Shambhala Classics)* by Waysun Liao

*T'ai Chi Classics* presents the inner meaning and techniques of T'ai Chi movements through translations of three core classics of T'ai Chi, often considered the "T'ai Chi Bible." The texts are introduced by three chapters explaining how to increase inner energy (*ch'i*), transform it

into inner power (*jing*), and project this inner power outward to repel an opponent without physical contact. Master Liao also provides a description of the entire sequence of T'ai Chi movements, illustrated by his own line drawings.

2. *The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi* by Roger Jahnke

In the groundbreaking *The Healing Promise of Qi*, Dr. Roger Jahnke, internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within*, clearly and simply explains the concepts of qigong in practical terms. With the help of 125 superbly rendered illustrations, he describes a multitude of simple qigong tools, practices, and techniques for accessing and utilizing the incredible power of qi. Rather than focus on a particular form of qigong, Dr. Jahnke presents concise, easy-to-follow techniques from among the more than 25 traditional and modern forms that he has mastered and taught to thousands of people across the United States and Canada.

## Session Leaders' Bios

**Meghan Bryant** from Palmyra, Virginia, graduated from Radford University with a BA in Fine Arts and a post-graduate Certification for Art Education. Meghan taught art in five schools in Pulaski Co and two schools in Prince William Co in VA, created an after school program for a community in which elementary schools were no longer teaching art, and founded an Arts Council in Bedford, VA. Additionally, she connected with a pediatric group, learned Montessori techniques, and supported a therapy team as a speech assistant and, later, as a rehab technician. A move to Charlottesville, found her as a Rehab Tech with Genesis Rehab. She worked for 15+ yrs with Genesis at several 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.

**Sharon Fultz** from Punta Gorda, Florida, has 25 years experience in the martial arts universe—beginning with the external art form of Tae Kwon Do before moving then into Yang-style taijiquan. Sharon had studied Yang 24, 37, 108 and sword forms as well as Wu, Sun, Chen, Bagua, Xingyi, tai chi fan and Wu saber form. Since 1999, she has been teaching Yang 24, as well as *Tai Chi for Arthritis* and the other health programs created by Dr. Paul Lam. In 2015, Sharon was certified as a 200-hour Registered Yoga Alliance teacher. Subsequently, she uses yoga as a complimentary study to her “first love”—Tai Chi—in both her own practice as well as when working with clients.

**Dan Jones**, from Chesterfield, Virginia, 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 of combined experience in law enforcement, hostage negotiations, personal protection and security management. Founder of Moving Stillness and 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. In this capacity, 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, Georgia, enjoyed a 20 year career with the International Bank of Reconstruction and Development (World Bank) in their technology, conference services, and education departments. With a BA in Speech Pathology, a MA in Social Foundations of Education, a post-graduate degree in Technology-based Distributed Education, and a Montessori early-childhood diploma, she has worked in all those fields. Maureen began her Tai Chi studies in 1987. She is the sole proprietor of Camden Tai Chi ([www.camdentaichi.com](http://www.camdentaichi.com)), a Master Trainer (retired) with the Tai Chi for Health Institute, a member of the American Tai Chi & Qigong Association and the Tai Chi for Health Community. As a freelance writer, Maureen collaborated with Dr. Paul Lam to produce his revised copy of *Teaching Tai Chi Effectively*. A consummate educator, Maureen teaches online as well as face-to-face and travels worldwide to learn more about cultures and the powerful arts of Tai Chi and qigong.

**Sheri Nicholson** from Neptune Beach, FL, 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. Having recently taken the step to set up her own business, Sheri is finding great success in using social media to promote herself as well as her classes at Senior Centers, privately, and within the community.

**Beverly Roberts** from Gainesville, FL, has a PhD in nursing and recently retired from the College of Nursing of the University of Florida. She has thirty-five years experience in the design and implementation of surveys and data collection forms to be used in clinical practice and research. She has over 70 publications and several hundred national and international presentations. Her area of expertise is gerontology and the role of exercise on the physical and mental health of older adults. Her most recent work focused on Tai Chi which catapulted her into a personal Tai Chi journey. Beverly is a Master Trainer for Tai Chi for Health Institute and the proprietor for Rhythms in Health.

**Betty Scanlon**, from Fort Myers, Florida, 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.

**Stephanie Taylor MD PhD**, from Carmel, California, is a Board certified OB-GYN physician and founder of A Woman's Wellspring (<http://womanswellspring.com/>). A Woman's Wellspring is an integrative medical practice uniting the ancient triad of mind, body and spirit utilizing the most advanced technologies of Personalized Medicine. Stephanie was a founding member of the Tai Chi for Health Community and is a Master Trainer Emeritus (retired). She continues to teach Tai Chi, and host Dan Jones's annual Silk Reeling Workshop in September. She is certified in Medical Acupuncture, Animal Acupressure Therapy and Medical Qi Gong. She has several publications in Jungian psychotherapy, genetics and environmental medicine.

**Mearl Thompson**, from Denver, Colorado, 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. Prior to studying with Dr Paul Lam, Mearl studied Tai Chi under Sifu Kay Kutch of the Tong Family lineage for 10 years. Between 1991 and 2000, Mearl studied Kung Fu San Soo with Masters Bob Newmann and Jerry Meyer. In 1997, he became a Second-Degree Black Belt in Kung Fu San Soo, and, in 1994, he opened a Kung Fu San Soo school in St. Louis, Missouri. From 1979 to 1990, Mearl studied Indonesian Silat Serak with Maha Guru Victor de Thouars. 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.

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