



Stan Baker	Chen Taiji Greater Hartford	<p><b>Creating Tiantien and Silk Reeling</b> Qigong exercise for all levels.</p> <p><b>Basic Taiji Push Hands</b> Fundamental practice, partner exercise for all levels.</p> <p><b>Demonstration:</b> <i>Chen Taiji Xinjia</i></p>
Morris Burch	Health Healing Martial Arts	<p><b>Daily Health Maintenance Chi Gung</b> Deep breathing, mind calming, relaxing, lots of energy and blood flow. Equals Supreme healing.</p> <p><b>Energy Circle Walking</b> For health balance fall prevention internal wellness stamina and mental awareness in the moment.</p> <p><b>Demonstration:</b> <i>Weapons Form.</i> Circle walking with mixed weapons. <b>School Demonstration:</b> Two-man set, Fan Form, Animals, Circles</p>
Steve Buschman	Bushido Karate Academy	<p><b>Power Through Proper Structure</b> We will discuss the basic principles of Wuji posture to explore how Tai Chi Chuan body positioning can be beneficial to one's stability, martial power, and healing abilities. Whether in stillness or in motion, proper structure will allow maximum connection to the earth and sky, with you as the conduit. All levels welcome.</p>
David Chandler	The Eagle's Quest Tai Chi Center	<p><b>Tibetan Sticks</b> Especially fun, simple to learn, moving meditations with numerous health benefits, used for training in stick fighting. All levels welcome.</p> <p><b>Silk Reeling: Chan Ssu Chin</b> A dynamic form that increases lymphatic flow, improves flexibility, balance and focus. All levels welcome.</p> <p><b>Demonstration:</b> <i>Eagle's Quest Long Form.</i> Created by David Chandler, this form incorporates movements from the 5 main styles.</p>
Sharon Didato	Spirit Rising Tai Chi & Qigong	<p><b>Five Treasures Qigong</b> This introductory Qigong set incorporates basic stances, techniques of breathing, movement and relaxation to balance the body, mind and spirit. All levels are welcome.</p>
George Hoffman	Silver Dragon Tai Chi & Qigong	<p><b>Bone Marrow Washing Qigong</b> This classic sixteenth century system of qigong includes healing postures, gentle movements and concentration techniques for strengthening the immune system. We'll work with breath, breathing and movement to increase the strength and density of the bones, nurture, purify and cleanse the marrow of toxins and stagnant qi. Come experience what it might add to your daily routine.</p> <p><b>Yang Family Balance of Yin &amp; Yang Qigong</b> A valuable exercise for strengthening and mobilizing the Qi first described by Chen Yen-lin about 1930 based on Yang Family documents: "Taiji Qigong allows the sinews and bones to be stretched and expanded, causing the blood and Qi to unite, increasing the internal energy." Reportedly one of Master Jou Tsung Hwa's favorite Qigong, come experience this powerful health enhancing, qi cultivating exercise, to your qigong repertoire.</p>

Onassis Parungao	Cheng Yee Kung Fu School	<p><b>Sun Style Dragon Bagua, Single palm change</b> Learn the basics of Sun Style Swimming Dragon Bagua. Single Palm Change is most important. Not only to perform but to apply. All levels welcome.</p> <p><b>Introduction to Gu Style Tai Chi</b> This form in the past was often mistaken for Sun Style Tai Chi. It's actually a Yang Style derivative, as taught by North Shaolin Master, "Gu Ru Zhang". Intro, good for beginners.</p> <p><b>Demonstration:</b> <i>Part 3 of "Gu Style Tai Chi Chuan"</i>. This demonstration will be done faster in tempo for brevity.</p>
David Ritchie	Central Connecticut Tai Chi Chuan	<p><b>Relaxation, Rooting and Imagination</b> These three important internal aspects of Tai Chi will be practiced in this workshop. Relaxation is the key to allowing Qi flow through the body. A human being is powered by Qi. Qi is to Tai Chi what gasoline is to a gas-powered engine.</p> <p>Rooting is the form's connection to the ground while imagination is important for controlling Qi flow for health and internal power.</p> <p>In this workshop we will do activities that involve breathing, relaxation, focus and imagination to improve your Qi flow. These are all important for health, smoothing Qi flow, strengthening your internal self and leading to better meditative movement when practicing Tai Chi or Qigong.</p>
Laddie Sacharko	Starfarm Tai Chi & Qigong Search Center	<p><b>Sticky Swords Workshop</b> Using wooden sword dummies, players will learn the technique "listen, stick, follow" and gain a sense or dimension of taiji practice to integrate with solo and partner taiji form practice. Engagement will be in very close proximity to other taiji players. All levels welcome.</p>
Jonas Sanchez		<p><b>Grasping The Sparrow's Tail: A Chen and Yang Family Perspective</b> This workshop introduces two versions of this essential technique and explores both the external and internal foundation it lays for further practice. Explore how it sets the parameters for proper alignment of the body, while laying the path inwardly for the expression of the first four primary energies of taijiquan. Functionality will also be discussed as a means to help inform solo practice. All levels welcome.</p>
David Shaver	Peaceful Wolf Tai Chi Chuan	<p><b>Marriage of Heaven and Earth Qigong</b> Heaven and Earth Qigong provides a real taste of what tai chi can do. A powerful Self-Healing system to heal your body and awaken your qi. All levels welcome.</p>
Antonio Suarez		<p><b>T'ai Chi for Fighting</b> Understanding how to use the form for fighting. For intermediate to advanced levels.</p> <p><b>T'ai Chi Body Mechanics</b> Body alignment for strength and balance. Good for beginners.</p> <p><b>Demonstration:</b> <i>Yang Form</i>. The Short Form from the William C. C. Chen T'ai Chi Ch'uan school of New York.</p>
Sarah Winter	Star Farm Tai Ji	<p><b>Tai Ji for Arthritis and Fall Prevention: Sun Style</b> Come learn this form designed for its ease of movement and upright stance. In this lesson you will learn the form step by step and leave with something you can continue to practice at home.</p> <p>Studies show Tai Chi for Arthritis can reduce pain from arthritis and decrease falls, especially among older adults. Good for beginners.</p>
Yuehua Wu		<p><b>Tai Chi 10 Form</b> Classic Yang style. Good for beginners.</p> <p><b>Tai Chi 24 Form</b> Classic Yang style. All levels welcome.</p> <p><b>Demonstration:</b> <i>40 Yang Style Form</i></p>
Qilong Zhang	Hun Yuan Tai Chi Chuan Academy	<p><b>Hunyuan Neigong</b> Hunyuan Nei Gong (internal exercise) is a comprehensive system developed by Grandmaster Feng Zhiqiang. It contains a large variety of Qigong, Meditation, Silk Reeling, and unique Relaxing Loosening drills.</p> <p><b>Demonstration:</b> <i>Hunyuan Tai Chi 32 Cannon Fist &amp; Hunyuan Tai Chi Sword</i>. Performed by Master Qilong Zhang, a direct personal student of the late Grandmaster Feng Zhiqiang, as one of China's top Tai Chi competition world champions.</p>