

~ SPONSOR SCHOOLS ~  
Sponsor schools have provided the financial resources necessary  
to make this FREE event possible.

**Essential Energy**

Meriden, CT, 203-235-0804, rrahamel@aol.com

**Starfarm Tai Chi & Qigong Search Center**

Chaplin, CT, 860-455-0353, www.starfarmtaiji.com

**WU Healing Center**

West Hartford, CT 978-790-8888, www.wuhealing.com

**Malee's School of Tai Chi and Kung Fu**

Manchester, CT, 860-646-6818 www.maleeschool.com

**Turtle Spring Tai Chi & Qigong School**

Mystic, CT, 860-572-9745, gpdonovan@hotmail.com

**Spirit Rising Tai Chi & Qigong**

Ivoryton, CT 860-301-0126 www.spiritrisingtaichi.com

**Cheng Yee Kung Fu School**

Gales Ferry, CT, http://taichi-ledyardct.webs.com

**Hun Yuan Tai Chi Chuan Academy**

New Haven & Middletown, CT, 203-502-7054, www.zhangtaichi.com

**Central Connecticut Tai Chi Chuan**

Meriden, CT, 203-235-5703, www.centralconnecticuttaichi.com

**Silver Tiger Tai Chi**

Westerly, RI, 401-218-8570, silvertigertaichi@yahoo.com

**Gentle Dragon School of Tai Chi & Qigong**

Waterbury, CT, 203-753-5877, gentledragon14@sbcglobal.net

**Eagle's Quest Tai Chi Center**

Waterford, CT, 1-800-4-TAICHI, www.eaglesquesttaichi.com

**Health Healing Martial Arts**

New London, CT, 860-287-4968 4health4healing.moonfruit.com

**Peaceful Wolf Tai Chi Ch'uan**

East Haddam, CT, 860-334-8488, www.peacefulwolftaichi.com

**Centering Arts Tai Chi**

Haddam, CT 860-245-3838, www.centeringartstaichi.com

**Tranquil Mountain Internal arts**

Middlefield, CT, 860-301-6433, www.tmiarts.com

**New London School of Martial Arts**

New London, CT, 860-908-6998, antonio.suarez@snet.net

**Silver Dragon Tai Chi & Qigong**

Coventry, CT, 860-742-5892, www.silverdragontaichi.com

*THANK YOU FOR YOUR SUPPORT!*

*Artwork by: Frederick Rivard*

*Sound System, "Dr. of the Disc" Jimmy Bendz*

# World Tai Chi & Qigong Day 17th Annual Celebration



**10:00 AM, Saturday, April 25, 2015  
Town Green, Colchester, CT**

**Master of Ceremonies Teacher Rich Hamel**

**9:45 Assemble at the Gazebo**

**10:00** Joining the World Wide Wave: Morning Qigong  
Led by **Master Malee Khaw**

**10:15** Introductions and Welcome

**10:30** Schools Practice Tai Chi with Teachers

**10:45-11:25** Free Tai Chi & Qigong Classes – 8 to choose from

**11:35-12:15** Free Tai Chi & Qigong Classes – 8 to choose from

**12:25-1:15** Master & Teacher Demo's during Lunch

**1:20-2:00** Free Tai Chi & Qigong Classes – 8 to choose from

**2:10-2:50** Free Tai Chi & Qigong Classes – 8 to choose from

**3:00-3:15** Closing & Thank you

See Inside for Complete Schedule  
Visit <http://www.connecticuttaichi.us/>

**World Tai Chi & Qigong Day Classes**  
**April 25, 2015—Colchester Town Green**

	Location	School	Teacher	Topic	Rating
<b>Workshop #1</b> 10:45-11:25	Heaven	Malee's School of Tai Chi & Kung Fu	Master Malee Khow	Daoyin Yang-sheng Gong (Medicinal Qigong) DVD	All
	Earth	Yue Hua Wu	Yue Hua Wu	24 Tai Chi Basic Form	All
	Wind	Spirit Rising Tai Chi & Qigong	Sharon Didato	Five Treasures QiGong	All
	Thunder	Central Connecticut Tai Chi Chuan	David Ritchie	Tai Chi Ruler - basics	All
	Mountain	USA Health Preservation Association	Grandmaster Jiang Jianye	Chen Style Internal Power Qigong 1	All
	Water	Peaceful Wolf Tai Chi	David Shaver	Wu Yu Xiang/Hao 1 Style Two form	Beg/All
	Fire	Health Healing Martial Arts	Morris Burch	Qigong & Circle Walking for Health & Wellness	All
	Lake	Hun Yuan Tai Chi Chuan Academy	Master Zhang Students	Hun Yuan 24 Form	All
<b>Workshop #2</b> 11:35-12:15	Heaven	Starfarm Tai Chi	Laddie Sacharko	Me and My (Tai Chi) Shadow	Beg/All
	Earth	Yue Hua Wu	Yue Hua Wu	24 Tai Chi Basic 1 Form continued	Beg/All
	Wind	Wu Healing Center	Dr. Ming Wu	Wu Way Qigong Healing 1	All
	Thunder	Eagle's Quest Tai Chi Center	David Chandler	Sun 10 Form 1	Beg/All
	Mountain	USA Health Preservation Association	Grandmaster Jiang Jianye	Dong Hai Chuan style Baqua Zhang	All
	Water	Turtle Spring Tai Chi & Qigong School	Gary Donovan	Dynamic Qigong with Stillness	All
	Fire	Cheng Yee South Shao-lin	Onassis Parungao	Traditional Push hand patterns explained	Beg/All
	Lake	Silver Tiger Tai Chi	Karen Psimer	Tai Chi for Energy	Beg/All
<b>LUNCH</b> 12:25—1:15	Heaven	<b>Teacher Demo's</b>	<b>LUNCH</b>	<b>Teacher Demo's</b>	
<b>Workshop #3</b> 1:20-2:00	Heaven	Tranquil Mountain Internal Arts	Robert Michael	Guan Qi Fa 1 Qi Permeating	All
	Earth	New London School of Martial Arts	Antonio Suarez	Tai Chi Applications	All
	Wind	Wu Healing Center	Dr. Ming Wu	Wu Way 1 Tai Chi & Daoism	All

**World Tai Chi & Qigong Day Classes**  
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	Location	School	Teacher	Topic	Rating
	Thunder	Eagle's Quest Tai Chi Center	David Chandler	Tibetan Sticks	Beg/All
	Mountain	Gentle Dragon	Barbara Santarsiero	Basic Tai Chi & Qigong	Beg/All
	Water	Falun Gong /Falun Dafa	James Bendzinski Karen Nichols	Standing Meditation 1	All
	Fire	Circle of Life School of Tai Chi Chuan	Robert Gordon	Yin Style BaGua Zhang	All
	Lake	Silver Dragon Tai Chi & Qigong	George Hoffman	Coiling Silk Qigong	All
<b>Workshop #4</b> 2:10-2:50	Heaven	Tranquil Mountain Internal Arts	Robert Michael	Swimming Dragon-Qigong	Beg/All
	Earth	Peaceful Wolf Tai Chi	David Shaver	Taoist Longevity Breathing	All
	Wind	Villari's Martial Arts Studio	Terry Neu	Inner Chi: Tai Chi Temple Exercises	All
	Thunder	Central Connecticut Tai Chi Chuan	David Ritchie	Muscle Tendon 1 Changing and Bone Marrow Washing Qigong	Beg/All
	Mountain	Centering Arts T'ai Chi	Tom Cushing	Tai Ji Quan: Moving for Better Balance	Beg/All
	Water	Falun Gong /Falun Dafa	James Bendzinski Karen Nichols	Sitting Meditation	All
	Fire	Joans Sanchez	Jonas Sanchez	Guardian Warrior Pounds the Mortar New Frame Chen Taijiquan	All
	Lake				All
<b>Closing</b> 3:00-3:15	Heaven				

~ PARTICIPATING SCHOOLS ~

Participating schools help by providing some of the days activities, enthusiasm and energy! We couldn't do this without them!

Starfarm Tai Chi (Joe Pandolfo)  
 USA Health Preservation Association  
 Falun Gong / Falun Dafa

Yue Hua Wu  
 Villari's Martial Arts

Check with workshop teachers for availability of DVD 's