

LWP 2019 Program Overview

Time	Tracks	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	
	DJ-Dan	MT-Mearl	MM-Maureen BS- Betty	MB-Meghan SN-Sheri	DD-Deirdre DS-Debra	DT-Dr Truty KG-King
8:30 - 9:00 am		Registration				
9:00 - 9:30		9:00 - 10:30 Welcome, Introductions, teasers	Medical Qigong Warm ups and day's teasers	Medical Qigong Warm ups and day's teasers	Medical Qigong Warm ups and day's teasers	
	NOTE: Following Sessions are 1 hour only					
9:30 - 10:30 NOTE: These sessions are only one hour	Education/ Marketing	Medical Qigong Warm-ups (MM)	No Excuses (MM) Share/play with movements using TC principles that make you realize there are no excuses for not playing daily	Pendulum Pointers (DS) Round table - value of using pendulums in healing practices.	Bagua Circle Walking, Part 1 (DJ) Explore the history, basic mission, and basic movements of this exercise.	
	Health/ Nutrition		Principles of Posture 101 (SN) Mindful ways to identify and use the principle of golden thread (posture) in your daily life.	Small Circle TC (DJ) Use 1-3 movements to combine body, mind, and breath in a recurring pattern to build Qi and apply TC principles	Healing Sounds (BS) Explore six healing sounds, associated with the five major organs	
	Tai Chi/ Qigong		Intro to Silk Reeling (BS) Learn the foundation of silk reeling to enhance your TC	Five Animal Frolics review (MT) Play with an exercise that combines physical exertion with an internal massage of the organs.	Precautions of 5 Animal Frolics (MT) Study/ discuss cares, health aspects, and modifications of this Qigong exercise	
10:30 - 11:00	BREAK					
11:00 - 1:00 pm	Education/ Marketing	ABCs of Tao (DD) Use written Chinese characters to understand the philosophy behind TC.	Inspiring Creativity (SN) Look at ways to inspire your participants' creativity in forms and music.	Healing Power of Plants (MB) Discuss/identify/use health-giving plants to enhance TC experience	Teaching Children (DD) Learn to tailor TC to the imaginative mind of a child	
	Health/ Nutrition	Tai Chi for Shoulder Rehabilitation (DJ, MM, BS) (TCSR potential instructors will teach small groups)	Healing Headaches (DT) Look at the causes of headaches and ways to overcome them from both Eastern and Western perspective	Interpretative Dance (DJ) Unlock your mind, body, and spirit so your Tai Chi forms can grow/become alive with endless possibilities	Whole Plant Based Super-Immunity (DJ) Learn how/why healthy, delicious, organic foods are critical to immunity.	

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	Tai Chi/ Qigong	Martial Elements of TC movements (MT) Understand how the martial applications of TC movements are performed in a defense situation	Elevate Your Foundation (MM) Share and explore drills that help to create a solid foundation - to improve balance and improve your forms.	The Weave Part 2: Sensing Hands Drill (MT) Learn lower body movements of this drill pattern used to expand your ability to adhere to and follow an opponent	Moving Sensing Hands (MT) Combine lower and upper body movements of The Weave and other drill patterns
1:00 - 3:00	LUNCH	Note: Following Sunday sessions are open to public \$25/person			Note: Following Friday sessions are only 1 1/2 hours
3:00 - 5:00	Education/ Marketing	Bang for Shoulder Rehabilitation (DJ) <i>open to public</i> Learn how to use a Tai Chi Bang (stick) for shoulder rehabilitation.	Shibashi 18 (BS) Try this popular, easy to learn qigong set to improve your health and well-being	Teaching the Martial Aspects of TC movements (MT) Learn when to bring the martial aspects of Tai Chi into class, how to demo it, and explore what a movement can do to/with an opponent	Tai Chi Fan-fare (BS) Explore how Tai Chi fan can (and should) be incorporated into your and your participants practice.
	Health/ Nutrition	Maximizing Longevity By Calming Shen (DT) <i>open to public</i> Explore how acupuncture can be a powerful tool for improving longevity and how to maximize your TC practice for optimal health	Five Element Qigong (DJ) Learn a qigong routine to achieve internal, external, mental, and emotional health and harmony with nature and changing environments.	Tapping for Health (DS) Explore the use of Emotional Freedom Techniques (EFT) as a self-help tool.	Mindful Meditations (MM) Explore the synergy and health benefits of these two mindful meditative practices-Tai Chi and Forest Bathing; investigate ways of combining the two.
	Tai Chi/ Qigong	Sensing Hands: Sensitivity Training (MT) <i>open to public</i> Learn how to listen for another's energy and yield to or redirect it.	The Weave Part 1: Sensing Hands Drill (MT) Learn upper body movements of this drill pattern used to improve agility	Silk Reeling Level 2 (DJ) Let's go deeper into your silk reeling practice	Bagua Circle Walking, Part 2 (DJ) Go deeper into circle walking, learning how to retain balance while continually changing directions.
		Guided Forest Bathing (MM) <i>open to public</i> Spend two hours immersing yourself outdoors in nature. <i>Meeting place to be determined.</i>	6:00 - 8:00 pm Drumming Circle (KG) Explore the world of percussive sound <i>open to public</i> FREE	Guided Forest Bathing Using Tai Chi Principles (MM) <i>open to public</i> Spend two hours immersing yourself outside in nature with guided invitations, using TC principles.	4:30-5:00 Closing