

**SAT****Willow Gate Lawn  
Tent****Dragon Hill****Push Hands Area****Bagua Garden**

9:00 - 9:45

----- CHECK-IN \* REGISTRATION \* BREAKFAST -----

10:00 - 10:50

**JAMES MARTIN**Tai Chi Diagram & Brain  
Plasticity**BRUCE LA CARRUBBA**Inner Smile / Cell and  
Organ Cleansing Qigong

11:00 - 11:50

**DAVID CHANDLER**Chan Ssu Chin: A Reeling  
Silk Exercise**GEORGE HOFFMAN**Play with the Five Animal  
Frolics Qigong**STEPHEN WATSON**Our Hands - Our Earliest  
Digital Technology**BOB & JEAN KLEIN**Tai Chi & Interconnection  
of all Parts of the Body

12:00 - 12:50

**DAVID CHANDLER**Temple Exercises: Energy  
Sequence**GEORGE HOFFMAN**Bone Marrow Cleansing  
Qigong (Xi Sui Jing)**STEPHEN WATSON**Stepping for Stability &  
Strength**RICH MARANTZ**Incremental Movement in  
Tajiquan*"Make a Little  
Progress Everyday"*

----- BYO LUNCH BREAK - DEMONSTRATIONS -----

2:00 - 2:50

**DR. MEI JIN LU**The Taoist Nei Gong and  
Breath Work**BRUCE LA CARRUBBA**Master Jou's Taiji / Qigong  
Principles**DR. CJ RHOADS**

Pain Freeing Qigong

**RICH MARANTZ**Process of Movement in  
Tai Chi Chuan

3:00 - 3:50

**DR. CHANG-SHIN [LUKE]  
JIH**Taoist Philosophy of Body,  
Mind and Spirit**BOB & JEAN KLEIN**

Snake &amp; Dragon QiGong

**JENNIFER STEFFENER**Self-Care with Dao Yin -  
Taoist Self Massage**RICHARD GREENE**Master Jou's Chen II Form  
Canon Fist (Paochui)

4:00 - 4:50

**(Willow Gate Lawn Tent) RICHARD GREENE:** My worldwide adventures with Master Jou from 1972 to 1998 and how his Taiji and QiGong practices and philosophies evolved over time.***Thank you for joining us for an unforgettable and life-enhancing celebration***