



# Foundations of Tai Chi Chuan and Yiquan Qigong

With Peter Wayne, PhD, of Harvard Medical School & Tree of Life Tai Chi Center, Boston

Sponsored by UF Health Integrative Medicine Program, Gainesville, Florida

Tai Chi and Qigong are rooted in traditional Chinese medicine, philosophy and martial arts with demonstrated benefits to the body, mind and overall well-being. Drawing on both traditional Eastern thought and contemporary Western science, these workshops will introduce participants to core therapeutic principles underlying and bridging Tai Chi and Qigong, and provide simple, practical solo and interactive exercises that support an integration of these principles into everyday life.

## Part I

**Friday, April 10, 2015 | 6 - 8:30 p.m.**

**Unified Training Center**

**809 W. University Ave., Gainesville, FL**

**\$75 for Friday night OR \$175 for both parts**

*\* Advanced registration required*

This evening will introduce the eight active ingredients of Tai Chi and Qigong, as outlined in the Harvard Medical School Guide to Tai Chi. Participants will be taught an easy-to-learn foundational Qigong set that integrates gentle flexibility-enhancing movements, relaxation techniques, and heightened body and breath awareness. These skills will then be applied to select core movements of the Yang style Tai Chi system. Playful two-person Tai Chi exercises will also be introduced to explore these principles in an interactive context.

## Part II

**Saturday, April 11, 2015 | 9:30 a.m. – Noon and 1:30 – 5 p.m. (lunch on your own)**

**Unified Training Center**

**809 W. University Ave., Gainesville, FL**

**\$125 for Saturday OR \$175 for both parts**

*\* Advanced registration required*

This day-long training uses Yiquan Qigong to more deeply explore fundamental Tai Chi and Qigong core concepts, with greater focus on dynamic structural integration and the role of intention in posture and movement. Participants will be taught a series of six Yiquan Qigong moving 'sets,' along with traditional standing and sitting meditations that help strengthen the sinews and harmonize the flow of "Qi." Interactive exercises will also be introduced to help explore and experience key principles.

*\* Attendance Friday afternoon is not mandatory for participation on Saturday, but is highly recommended.*



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*For more information or to register, please email [kieslj@shands.ufl.edu](mailto:kieslj@shands.ufl.edu) or call 352.733.0881.*