

# World Tai Chi & Qigong Day 2023 - Schedule of Events

## DEMONSTRATIONS (10:15am-11am; about 5 min. each)

1. Drumming – 10:00am
2. Introduction – Paul Rischard & Don Alf – 10:15am
3. Kuan Yin Standing – Kris Brinker – 10:20am
4. Cheng Man-ch'ing's Tai Chi – led by Brian Wallich – 10:30am
5. 64 Posture Yang Style – Lung Ch'uan Fa Group led by Nathan Toxopeus – 10:40am
6. Ten Symbols of Longevity Qigong – Shepherd Center led by Rob Gehring – 10:50am

## MINI-CLASSES – (11:10am-12:30pm – 20 minutes per mini-class - 10 minutes in between)

Area #1	Area #2 (pavilion)	Area #3	Area #4
11:10am – 11:30am			
<b>Walking Qigong</b> Connie Custer Brian Wallich	<b>Push Hands</b> Stephen J. Goodson	<b>Bagua</b> - Ryan Selove	<b>Healing Garden</b> See Schedule of Speakers Below
11:40am – 12:00pm			
<b>Tree Gong</b> Luann Barndt	<b>Tai Chi Principles and Grasp-Birds-Tail Sequence</b> Nathan Toxopeus	<b>Grocery Store Line Tai Chi</b> Kris Brinker	
12:10 -12:30pm			
<b>Walking Qigong</b> Brian Wallich Connie Custer	<b>Ten Symbols of Longevity Qigong</b> Rob Gehring	<b>Finding Stillness in Movement</b> Don Alf	

## HEALING GARDEN SPEAKERS (Area 4 – 11:00am – 12:30pm)

Introduction to the Healing Garden – Paras Kaul 11:00 – 11:05am	
<b>11:05–11:15</b> <b>Emotional Freedom Technique Trauma Release Session</b> Karen Special	<b>11:20 – 11:30</b> <b>Organ Cleansing Qigong &amp; Brainwaves</b> – Paras Kaul
<b>11:35 – 11:45am</b> <b>Chiropractic Care &amp; Kinesiology</b> Dr. Marquise Rivera	<b>11:50am – 12:00pm</b> <b>Sound Healing</b> – Glenn Smith
<b>12:05 – 12:15pm</b> <b>Yoga</b> – Julia Morelli No mats required to participate	<b>12:20 – 12:30pm</b> <b>Intro to a Tea Ceremony</b> Ryan Selove

WTCQD SCHEDULE

