

Master Jesse Tsao Tai Chi & Qigong Workshop

Saturday and Sunday, March 10 & 11, 2012

Saturday, March 10th: 9:00am-11:45am: Qigong For Health Part I

Saturday, March 10th: 12:15pm-3:00pm: Qigong For Health Part II

Qigong is an ancient Chinese energy practice that works on the body's vital energy by gathering and cultivating universal energy from nature. Using the mind-body connection and easy to follow body moves, impurities break away from the inner organs and stress is released from the body. Master Jesse Tsao, a Ph.D. candidate on Traditional Chinese Healing Art at Shanghai Sport University will teach you Qigong as an alternative medicine for disease prevention and promoting better health.

Saturday, March 10th: 7:00pm-9:45pm: Silk Reeling

Silk Reeling is a set of repetitive spiral movements with the arms and hands to create inner energy circulation. It is the foundation for Tai Chi practice. It will develop your coordination and leg strength, tendon and muscle condition, as well as release stress.

Sunday, March 11th: 12:00noon-3:00pm: Old Frame Chen Tai Chi Part I

The original Chen style Tai Chi is the oldest style practiced today and is widely acknowledged to be the ancestor of all other styles. It is characterized by coiling movements, and occasionally explosive releases of power. It is an ancient form which fully encompasses the Tai Chi principles, from stillness via soft relaxed movements to fast and dynamic applications, which can be performed vigorously or gently according to the condition of one's body.

Jesse Tsao, internationally known Tai Chi master, Qigong therapist, and alternative medicine and wellness consultant, is the founder of Tai Chi Healthways. He is the twelfth-generation formal lineage holder of Chen Style Tai Chi. He is currently a Ph.D. candidate on Traditional Chinese Healing Art at Shanghai Sport University. He is specialized in the areas of self-healing, preventive therapies, stress management and mind-body wellness. Born and trained in China, he has been practicing Tai Chi for over 40 years, including 10 years of intensive study with world renowned grand master Li Deyin in Beijing, China. He was the gold medalist in the Beijing Collegiate martial arts Competition in 1980. (see his free tai chi and Qigong lessons on www.taichihealthways.com)



Included
Saturday (Lunch & Snacks)
Sunday (light Snacks)

Workshop Location:

St. Joan of Arc School - Doyle Hall
500 E. 42nd St. (between College Ave. and Central Ave.)
Indianapolis, IN 46205

Registration and payment:

\$150 total or \$50 by block (non refundable)
payable to St. Joan of Arc Church
4217 N. Central Ave., Indianapolis, IN 46205
ph.#(317) 283-5508 (Call for Credit Card Payment)

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