



# EVENT

# Saturday, April 25

# SCHEDULE

TIME	ACTIVITY	LOCATION
9:00 AM	<b>Welcome and Introduction</b> to World Tai Chi & Qigong Day President Joe Opatz, Normandale Community College	Fine Arts Auditorium (FA 1265)
9:10 AM	<b>Lion Dance (plus much more!)</b> Performed by the Hung Vuong Association	Fine Arts Auditorium (FA 1265)
9:30 AM	<b>Tai Chi Demonstrations</b> <ul style="list-style-type: none"> <li>* Chen Style Tai Chi Kids – Group Demo</li> <li>* Chen Style Taijiquan 19 Short Form and Compact Cannon Fist</li> <li>* Chen Style Taiji Push Hands “Bafa 8 Methods” – Group Demo</li> <li>* 32 Yang Style Short Sword Form – Solo by Dr. Russ Smiley</li> <li>* Wu Style 54 Competition Form – Solo by John Bitterman</li> <li>* Sun Style 73 Form and Yang Style 24 Form – Group Demo</li> <li>* Tai Chi for Arthritis: Sun Style– Group Demo</li> </ul>	Fine Arts Auditorium (FA 1265)
10:15 AM	<b>Break-out Sessions:</b> <ul style="list-style-type: none"> <li>AROMA THERAPY SYSTEM</li> <li>EFT: EMOTIONAL FREEDOM TECHNIQUE</li> <li>ENERGY MEDICINE: AN INTRODUCTION</li> <li>FUN TAI CHI GAMES FOR ALL AGES</li> <li>LAW OF ATTRACTION/SETTING INTENTIONS</li> <li>SELF GUIDED TOUR OF JAPANESE GARDEN</li> <li>SFQ PERSONAL ENERGY BLOCKAGE DETECTION</li> <li>SOUND THERAPY: TAOIST SOUNDS FOR HEALING</li> <li>TAI CHI FOR ARTHRITIS</li> <li>TAI CHI FOR DIABETES</li> <li>WELLNESS STYLES: DISCOVER YOUR STYLE</li> </ul>	<ul style="list-style-type: none"> <li>S2320 (Jodsaas Science – 2<sup>nd</sup> Floor)</li> <li>S2322 (Jodsaas Science – 2<sup>nd</sup> Floor)</li> <li>S2338 (Jodsaas Science – 2<sup>nd</sup> Floor)</li> <li>Fine Arts Auditorium (FA 1265)</li> <li>F1259 (Fine Arts – 1<sup>st</sup> Floor)</li> <li>Japanese Garden (Kopp Student Ctr)</li> <li>Cafeteria (Kopp Student Ctr)</li> <li>SC1438 (Kopp Student Ctr)</li> <li>S2330 (Jodsaas Science – 2<sup>nd</sup> Floor)</li> <li>F1221 (Fine Arts – 1<sup>st</sup> Floor)</li> <li>S2325 (Jodsaas Science – 2<sup>nd</sup> Floor)</li> </ul>
11:00 AM	<b>Spring Forest Qigong</b> Introduction to Qigong – Learn how to increase your self-awareness, build internal energy and develop a healthy body physically and spiritually through easy, simple qigong techniques.	Fine Arts Auditorium (FA 1265)
11:20 AM	<b>Special World Healing Meditation</b> Special group meditation led by International Qigong Master Chunyi Lin - <i>Spring Forest Qigong</i>	Fine Arts Auditorium (FA 1265)
11:30 AM thru 12:30 PM	<b>Tai Chi Practice Sessions</b> Experience for yourself the body-mind connection of Tai Chi. Tai Chi improves balance, relieves stress and helps energy flow evenly and freely throughout the body. Come and practice Tai Chi forms with our presenters as they guide you through some simple movements.	Locations will be announced on the day of the event.
11:30 AM thru 12:30 PM	<b>Spring Forest Qigong Energy Detection</b> Experience the energy techniques of Qigong as Spring Forest Qigong practitioners detect and clear your energy blockages. Energy blockages can be the root cause of pain, discomfort and disease. - <i>Spring Forest Qigong – International Guild Members</i>	Cafeteria (Kopp Student Ctr)