

# Event Schedule Summary

## Friday, September 6, 2019

Day and Time	Conference Center or Bayside Field 1	Bayside Boardwalk or Beach	Murray Grove in Lanoka Harbor
Fri 5:30 - 7:00 pm	ALL:Potluck Dinner		
Fri 7:15 - 7:45 pm		SPT:Sunset Qigong on the Bay (weather permitting), Laoshi CJ Rhoads	
Fri 8:00 - 9:20 pm	SDC:Shared Play of Tai Chi, Laoshi Stephen Watson		
Friday 9:30 - ??	PHA:Push Hands		

Health topics are  
Light Green

Forms are  
Light Lavender

Push Hands are  
Lavender

Weapons/Fans/M  
tl Apps - Tan

Self Defense/  
Develop Light Blue

Meditative/Spiritual  
are Blue

Meals are Green (breakfast and  
lunch on your own)

# Event Schedule Summary

## Saturday, September 7, 2019

Day and Time	Conference Center or Bayside Field 1	Bayside Boardwalk or Beach	Murray Grove in Lanoka Harbor
Sat 6:15 - 7:15 am		SPT:Sunrise Qigong on the Beach (weather permitting), Laoshi CJ Rhoads	
Sat 7:30 - 8:00 am	ALL:Breakfast		
Sat 8:00 am - 9:20 am	HLT:Tai Chi Walk – the Only Exercise You May Ever Need, Stephanie Parello		
Sat 9:00 am - 10:30 am	HLT:Better Balance, David Vanadia		
Sat 10:40 am - 11:50 am	PHA: Meditation in T'ai Chi form and push hands, Laoshi William Phillips		
Sat 12:00 - 1:30 pm	ALL:Lunch		
Sat 12:30 pm	ALL:Tai Chi Demonstrations		
Sat 1:30 - 2:40 pm	SDC:Chen Style Kua Development Exercises, Laoshi Ramsey Yunan		
Sat 2:50 - 3:50 pm	FRM:Animals of Long Fist, Steven Arbitman		
Sat- 4:00 - 5:00 pm	FRM:Creating a Form with Intention & Meaning, Laoshi Stephen Watson		
Sat 5:10 pm		ALL:Symposium Group Picture	
Sat 5:30 - 7:00 pm	ALL:Catered Celebration Dinner		
Sat 7:15 - 8:15 pm		SPT:Sunset Qigong on the Bay (weather permitting), Laoshi Isse Elston	
Sat 8:30 pm - 9:30 pm	SPT:Community Gathering, Laoshi CJ Rhoads		
Saturday 9:30 - ??	PHA:Push Hands		

Health topics are  
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Forms are  
Light Lavender

Push Hands are  
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Develop Light Blue

Meditative/Spiritual  
are Blue

Meals are Green (breakfast and  
lunch on your own)

# Event Schedule Summary

## Sunday, September 8, 2019

Day and Time	Conference Center or Bayside Field 1	Bayside Boardwalk or Beach	Murray Grove in Lanoka Harbor
Sun 6:15 - 7:15 am		SPT:Sunrise Qigong on the Beach (weather permitting), Laoshi CJ Rhoads	
Sun 7:30 - 8:00 am	ALL:Breakfast		
Sun from 8 - 9:20 am	HLT:Crane Frolic of Jiao Guorui, Laoshi Kevin Siddons, Ed.D.		
Sun 9 - 10:20 am	FRM:Five Elements Qigong and Healing Sounds, Laoshi Tom Tague		
Sun 10:30 - 11:30 pm	FRM:Cardinal Rose Set, Laoshi Stephen Watson		
Sun 11:40 - 12:30 pm	SDC:Whole-Body Tool to Power Up Your Tai Chi Practice, Laoshi Loretta M. Wollering		
Sun 12:30 - 1:30 pm	ALL:Lunch		
Sun 1:30 - 2:00 pm	ALL:Closing Circle, Laoshi CJ Rhoads		
Sun 4:30 - 6:30 pm			ALL:2020 Symposium Planning Dinner

Health topics are  
Light Green

Forms are  
Light Lavender

Push Hands are  
Lavender

Weapons/Fans/M  
tl Apps - Tan

Self Defense/  
Develop Light Blue

Meditative/Spiritual  
are Blue

Meals are Green (breakfast and  
lunch on your own)