

# The 19<sup>th</sup> International Seminar on Taiji & Qigong

August 9-16, 2017, Anhui, Huangshan City, China

**Master Fengming Wang**

*2013 recipient of "Successor of Chinese Non-material Cultural Heritage"*

Schedule:

- Chen Hunyuan Taiji 83-movement form  
(Aug 10-14, 9:00-11:00 AM)
  1. Movement corrections
  2. Improving neigong
  3. Martial methods
- Push-hands (Aug 10-14, 11:00-12:00 AM)
  1. The thirteen postures of Taiji
  2. Seven training methods for Taiji push-hands
  3. Essence of Taiji energies
- Qigong (Aug 10-14, 3:00-5:30 PM)
  4. Internal dan exercise
  5. Taiji stick and ruler qigong
  6. Taiji silk-reeling gong
- Duanwei test and practice (Aug 12-13, 7:00-8:30 PM)
- Huang Mountain Travel (黄山) (Aug 15)



**Check-in:** August 9

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**Total cost:** \$1180 per person (includes hotels, 3 meals/day, transportation, park tickets, tour guide and tuition; airfare not included)

**Hotel:** Huangshan Tiandu International Hotel (黄山天都国际饭店)

Tel: 86-18805599422

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**King of Neigong International Taiji Academy**