

The 20th International Seminar on Taiji & Qigong



July 25-August 1, 2018, Hangzhou City, China

Wang Fengming - 2013 recipient of the "Successor of Chinese Non-material Cultural Heritage" special designation

Program:

- I. Chen Hunyuan Taiji Form:** 1. Movement correction, 2. Neigong improvement, 3. Martial applications, 4. Questions & answers
- II. Qigong:** 1. Internal dan exercise, 2. Taiji silk reeling gong , 3. Questions & answers
- III. Push Hands:** 1. Seven training methods for Taiji push hands, 2. Essence of taiji power, 3. Questions & Answers
- IV. Taiji and Weapons Games:** 1. Gold, 2. Silver, 3. Bronze, 4. Prizes
- V. Also:** Duanwei (rank) grading & Taiji Teaching Certificate examinations (for those who qualify / please contact) & Hangzhou Travel (杭州)

Check-in: July 25

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

**Hotel: Chengshi Huayuan Hotel,
Linpingdadao 505, Yuhangqu, Hangzhou (杭州)
(城市花园酒店, 杭州余杭区临平大道 505 号)
Tel: 86-0571- 86238888**