



**November 26–28, 2010 Friday–Sunday**

## Evidence-Based Traditional Taiji (Tai Chi) and Qigong: Nurturing Mind, Body, and Spirit

### Yang Yang

Master Yang is a traditionally trained, internationally recognized taiji and qigong master who has distilled the essential aspects of these arts into an easy-to-learn program suitable for people of all ages and physical abilities. In scientific trials, Dr. Yang and his colleagues have shown that the program improves strength, balance, immune function, and cognition. This weekend, along with the dynamic movement exercises commonly associated with taiji and qigong, you will learn static qigong meditation, which is done standing, sitting, and lying down. This experiential workshop will include

- Daily practice sessions and hands-on instruction
- Brief lectures on theory and practice
- Summaries of scientific research on taiji and qigong evaluating multidimensional wellness and successful aging
- The secrets of traditional practice absent in many Westernized forms of taiji.

You will return home able to integrate the simple yet profound elements of taiji and qigong practice into your daily life to nurture mind, body, and spirit. CE credits are available for this program.



**Yang Yang, PhD**, is a traditionally trained and internationally recognized tai chi and qigong instructor and adjunct faculty of kinesiology at the University of Illinois, Urbana-Champaign. His research has focused on the mechanisms and benefits of tai chi and qigong practice. He is director of the Center for Taiji and Qigong Studies in New York City, and author of the highly acclaimed book *Taijiquan: The Art of Nurturing, the Science of Power*. In 2006, he was honored as “Qigong Master of the Year” at the 9th World Congress on Qigong and Traditional Chinese Medicine.

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