

DOOR WAY TO TAO



Tai Chi Chuan Seminar

House of Tai Chi
November 2, 3 & 4 2012
Weston, Florida 33326

Classical Temple Style Tai Chi

(Integrating History, Fundamentals, Chi Flow, Applications & Meditation)



Program:

Friday Night
7:00-9:00

- * Welcome/Overview
- * Moving Meditation
- * Forms & Formless
- * TaiChi Origins:
"Lao Tsu &
Nine Nights"



Saturday
9:00-6:00

- * Form Practice Modules:
 - * Upward/Downward
 - * Fundamentals
 - * Chi Flow
 - * Individual Practice
 - * Applications
 - * Partner Practice
 - * Ward Off *
 - * Roll Back *

LUNCH: Available in Town

- * Press *
- * Push *
- * Rotate Oar *

Sunday
9:30-12:30

- * Standing Meditation
- * Questions/Answers
- * Award Certificates
- * Tea with Masters



Session Ends

(After-Session Discussions and Philosophical Debates on the Nature of TaiChi to be undertaken as a group at the Hotel Pool...)

Who should attend? Why?

In "Tao Te Ching", Lao Tsu gave us the first TaiChi Manual. We'll introduce "Nine Nights" to the group. Then we'll Open with Standing Meditation and History. This course will teach the Cardinal (basic) Forms of Classical TaiChi, but in a very comprehensive way. First a demonstration, then the fundamentals explained, and coached so you get every detail. Then a discussion of Chi Flow before you practice individually. Next, the Martial Application Demo and Partner Practice. If you're a beginner, this is for you! If you're an old hand, this will enhance your understanding! This is Tai Chi Chuan: Body, Mind and Spirit! When it's over, you take home your notes booklet, a "Chi Shirt", Completion Certificate and Access Codes for viewing the session video. Of course, you might have some fun and meet a few more friends as well.



Door Way to Tao

November 2, 3 & 4
Weston, Florida

(26 miles west of Fort Lauderdale)

Fee: \$300.

(ChiShirt, Notes, Certificate
& Session Video included)



Location //
House of Tai Chi//Fusion Offices
Global Commerce Center
1960 North Commerce Pkwy
Weston, FL 33326

Contact / Register
Office: 954 377 1550
Sifu Ron: 954 471 8488
Sifu Jen: 954 303 0900

Lodging: Courtyard Ft. Lauderdale/Weston * 2000 N. Commerce Pkwy *Weston, FL 33326 *
954 343 2225 * Group Rate: \$99.00

Teachers:

Ron Hoffmann:

This Legendary Tournament Champion had a life/style re-set when he met Waysun Liao and dedicated his life to TaiChi. A year at a Shaolin Monastery established the balance of Zen & Tao which today define Ron's unique style. Ron has made his career as a Martial Arts Master in Chicago & Ft. lauderdale.



Steven Vasilakis:

"Initially attracted to the martial aspect of TaiChi Chuan, Steven soon realized that the integrated practice of martial art, healing, and spiritual cultivation was the true essence of the art. The combined practice of these three key aspects of TaiChi, eventually lead to a career in Traditional Chinese Medicine



George Bolger:

Studying TaiChi since 1986, George is expert in both meditative and weapons forms. As instructor for 21 years at TaiChi Tao Center in Chicago, He says "Single Form Practice" (focusing on one form repeatedly) "lays a foundation of proper energy flow for health & life." TaiChi and Music are his two passions.



Jennifer StJohn:

Beginning martial arts early - for self defense, Jennifer encountered a verse from the Tao Te Ching on a dojo wall, and began her "Long Search for the Spirit." She "Found her Chi" on a Taiwan visit with three guys named "Master:" Hoffmann, Huang & Liao & never looked back.

