

Resolutions that Inspire A New Path, Health, Purpose and Confidence - Grounding!

Qigong & Taichi - The Way of "Tao" - A Path Towards a Life Well-Lived w Holistic Self Care and the Cultivation of "Qi" ~ The Healing Energy @Eastover Estate, MA

LENOX, MASSACHUSETTS, UNITED STATES, January 1, 2018
/EINPresswire.com/ -- For the spring and summer of 2018, Eastover has scheduled life-affirming workshops with renowned presenters who have dedicated their lives to the study, practice and teaching of holistic wellness and healing principles.

Feb 15-18th, [Terry Dunn Taichi for Health](#) (Yang Style) and March 29-01 ErMei Flying Pheonix Qigong I – A complete Taoist monastic system comprised of forms that impart a wide range of salient health benefits: increased respiratory power, improved circulation and metabolism, and well-regulated sleep. As Eastover's resident teacher, In addition to conducting two in-depth Intensive

Taichi/Qigong workshops on Taichi For Health – Feb. 15-18, and Tao Tai Pan – July. 26-29, Master Dunn will teach 3 Ermei Flying Phoenix Qigong series March 29 – 01, June 29-01, and Sept 27-30th. Sifu Dunn also will teach weekly classes open to the public/Eastover community on Saturdays, Sundays and Monday, please check out Community Classes page.

“

I can already feel the benefits and am inspired to do more. It can be a meaningful process in my life as long as I practice. I have very skilled tools to do that now.”

P. Nolan, MN, Regarding Flying Phoenix Qigong

for harmonious universal interconnectedness).



Master Mantak Chia, Creator of The Universal Healing Tao

April 12-15: [Spiritual Qi Gong Healing with healer and psychiatrist, Dr. Paul Hannah](#) who is also a licensed Chinese medicine doctor. He will help participants identify mental blockages that keep them from full blossom and explore with students the “Soul Qualities” for optimal lung, heart and liver function, and the energy blocks & acupoints associated with anxiety, stress and depression. Learn Qi Gong, Breathing techniques to calm the mind and relax the body. Practice Qi Gong intentions (which align mind, emotions, body and spirit

From April 6-8, Susan Krieger, MS, will be presenting: "Women's Qi Cultivation", NCCAOM PDAs are offered to TCM doctors.

April 28: World Qigong Taichi Day Celebration – A free event celebrated globally, with presentations, demonstrations and mini-classes offered by nationally recognized leaders in Taichi, Qigong, Chinese Medicine and Eastern philosophy. At the same time this event will screen film "The Professor: Tai Chi's Journey West" directed by Barry Strugatz.

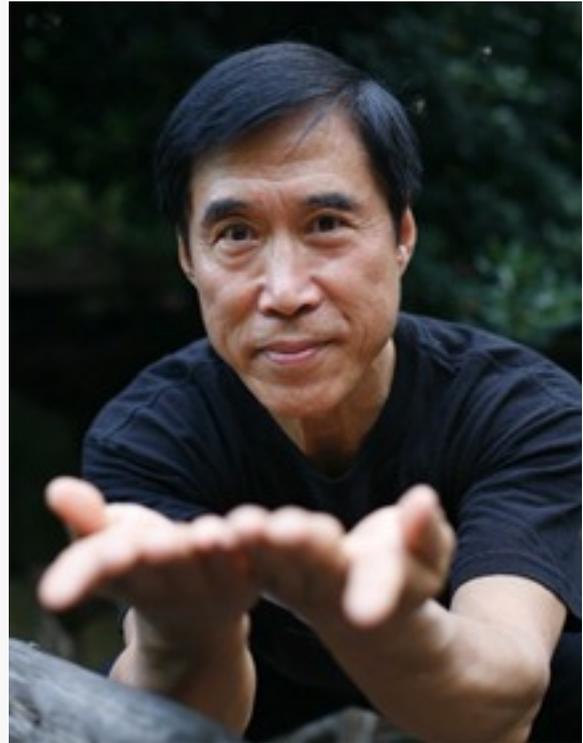
May 3-6: Master Fukui Yang and Rick Barrett will lead retreat "Taichi and its Application in Self-Healing" in a 3 day retreat for taijiquan teachers and students. It will be organized around Yang Cheng Fu's 13 Original Postures - a short, powerful Yang style form. Each posture in the form will be explored, analyzed, and tested in the light of several key taijiquan principles, among them: Yin/Yang Theory and Practice, Energetic Coherence (Zheng-ti Jin), Central Equilibrium (Zhong Ding), Five Elements (Wu Xing).

May 13-18: 3rd Annual [Eastover Symposium of Qigong Taichi & Eastern Medicine](#) – Internationally renowned leaders in Eastern Medicine will share practices and philosophies stemming from ancient Eastern healing traditions such as Taoist, Chan and Dharma Meditations, Lao Tzu and the "Tao Te Ching", Sheng Zhen Gong, Women's Qigong, the Chinese Tea Ceremony, and more.

The Presenters at this Annual Event Include: Master Junfeng Li - President and founder of the International Sheng Zhen Society, a former award winning Head Coach of China's National Wushu Team, mentor to Jet Li &

Donnie Yen, author of several books, and renowned actor of Chinese Martial Arts films. Master Li is dedicated to teach Sheng Zhen Gong. Sheng Zhen is a spiritual integration of all healing traditions, it starts from the Healing of the Heart. Master Li conducts workshops all over the world, through Sheng Zhen showing the way of Tao - love, nature, earth and the oneness. This coming fall, from October 14 to November 18th, Master Li is giving the world a big gift - a 36 day Sheng Zhen and Healing Retreat to pass on his encyclopedia knowledge about Qigong healing, All lodging, healthy meals and tuition are very affordable for everyone.

Master Aiping Cheng - One of the world's foremost authorities in Chinese Martial Arts. She's been awarded Top Level by the International Wushu Association, and named one of the Top 100 Martial Artists in the World by World Culture Science Academy, Hong Kong, for her many achievements. She



Master Junfeng Li, Creator of Sheng Zhen (Sacred Truth) Qigong



Mrs. Aiping Cheng, World Renowned Tai Chi Master and Student

is founder of The Aiping Tai Chi Center located in Orange, Connecticut.

Master Terence Dunn - An expert instructor of Chinese martial, yogic, and healing arts with more than 40 years of training. Terry wrote the first medical protocol in American medical history applying therapeutic Tai Chi and Qigong exercises to accelerate recovery from major surgeries. In 2000 he became the first Tai Chi trainer for the NBA.

Solala Towler - Teacher of Qigong and student of Taoism (through the works of Ni Hua Ching and Taoist classical texts) for over 25 years. Solala is President emeritus and founding board member of the National Qigong Association, US. He's published 14 books in five languages.

Master Fukui Yang – A lifelong practitioner of Qigong, having been born into a family of the Chinese Martial Arts traditions. He's won several championships, including in Broad Sword, Staff, Ditang Quan and Push Hands. Currently he teaches Chinese Medicine at the Pacific College of Oriental Medicine and Taijiquan and Qi Gong at the Confucius Institute at SUNY College of Optometry.

Rick Barrett – Who has been teaching Chinese internal martial arts and practicing energy healing in New York City for over a quarter century, and has been studying for almost forty years. He is the founder of Tai Chi Alchemy and has published two books on the practice of Taijiquan.

June 7-10: "Qi and the Healing Forces of Harmonic Sounds and Vibrations" with Jay Emmanuel, a Magnetic Harmonic Vibrational Therapist, who will share powerful energy techniques that use the forces of sounds produced by the human voice in combination with Himalayan and Alchemy Crystal Singing Bowls to activate the natural self-healing response of the body.

June 12-28: Mantak Chia's "Universal Healing Tao" with week 1 being: Inner Alchemy Tao Basics for beginners & those desiring to be associate instructors. Session 2A: Fusion I/II, & Iron Shirt I: A Fusion practice focusing on balancing negative & positive emotional energy & channeling earth & universal forces using the 8 forces of Pakua. Session 2B: Chi Nei Tsang Massage Training with Karin Sorvik. Session 3: Healing Love: Natural Hormones, Stem Cell & Golden Elixir Qigong with Master Chia, Dr. George Yu & Karin Sorvik.

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