
Program Guide

Tai Chi & Qigong

Festival and Symposium

June 5 - 7, 2026 In-Person
June 13, 2026 On-Line



Tai Chi & Qigong Festival and Symposium
Hosted by the Taijiquan Enthusiasts Organization
A program of Health, Prosperity, & Leadership Institute
PO Box 564, Douglassville PA 19518
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June 2, 2026

Dear Participants:

Nothing gives me more pleasure than announcing the 2026 Tai Chi & Qigong Festival and Symposium at Mt. Lake Park in Warwick, New York from June 5 - 7, 2026 for the in-person portion, and June 13, 2026 for the on-line portion.

This event is in honor of *The Tai Chi Farm*, also known as the Zhang San Feng or Chang San Feng Festival, which started in the 70s at Master Jou Tsang-Hwa's farm in Warwick, New York. There have been other events honoring the original Tai Chi Farm: *Tai Chi Gala*, *Tai Chi Park*, and *Symposium for Integrative Health*, *Tai Chi & Qigong* organized by Loretta Wollering, Bruce La Carrubba, and me. We are proud and pleased to carry on the tradition and show our devotion to the principles laid out by Master Jou Tsung-Hwa and all those who came before us teaching Tai Chi and Qigong.

Each year we get better and better at organizing this event. This year we are planning on avoiding the biggest mistake we made last year (not paying enough attention to the budget) so that we can ensure that we will be around for many years to come. To that end, we are focusing on only Friday evening, Saturday all day, and Sunday morning instead of the five-day extravaganza we tried to do last year. We also decided to split the in-person and on-line into two different weekends instead of trying to do it as a hybrid. We've been trying to do both at the same time for years now, and it hasn't been as good an experience as we had hoped. This year we want BOTH in-person and on-line to be absolutely fabulous.

Another slight change is the food. While the Friday meal will be an add-on cost, the food on Saturday is included in the cost of the ticket. People did like the caterer we chose, so that is not going to change.

In any case, we hope that we've been able to take into account everyone's wonderful feedback from last year's glowing evaluations. We look forward to reading them this year too. See you soon!

CJ Rhoads (chair)



Organizers

Director
CJ Rhoads

Registrar
Vicki Kohanek

Registration Table
Denise Rankin

Volunteers
Amanda Humbert
Maclean Kirkwood
Sara Drell
Angela Soucy
Alan Weiss

www.TaiChiFest.org

C:\Users\CJRhoads\Dropbox\Shared\TQFest\ProgramGuide\ProgramGuide2026.docx

Friends of the Festival

The following people registered or donated additional money as Friends of the Festival as of June 1, 2026. In addition to our gratitude for registering early on-line, they will be sent the zoom link to attend the on-line portion of the Festival on June 13th. (Others who registered or donated will be sent the link too, but we don't know who they are yet so we can't list them here 😊)

Joseph Bakan, Rich Beneke, Katie Brennan, James Brown, Margaret Castagna, Philip Clement, Jano Cohen, Jeanne Daumen, Patricia DeCoste, David Eng-Wong, Bruce Esrig, Beth Hawkey, Gregg Hudis, Amanda Humbert, Yana Kane-Esrig, Maclean Kirkwood, Vicki Kohanek, Simone Kraus, Kenny Langlieb, Martina Leonard, Bruce McCarter, Minda Novek, Carol Przewozny, Carol Przewozny, Denise Rankin, James Reilly, CJ Rhoads, Dave Ritchie, Marc Sabin, Angela Soucy, Jennifer Steffener, Linda Stehlik, Arlette Twersky, David Vanadia, Linda Walton, Alan Weiss, Ramsey Yunan,

We are a 501c3 non-profit organization, and all the funds received for the festival that are not paid out in expenses are considered a charitable contribution. Everyone receives a thank you letter for their donation for tax purposes at the end of the year. (This is why we cannot give refunds; technically it is a donation, not a fee).

Sponsors

Please remember to thank our sponsors. **Keep in mind that none of this would be possible without our wonderful sponsors:**



Festival Sponsors:

**Betsy Chapman, Isse Elston, Mark Gallagher, Violet Li, Bill Phillips,
Alan Remde, CJ Rhoads, and Daniel Weicher.**



PATIENCE T'AI CHI ASSOCIATION

QUALITY MARTIAL ARTS INSTRUCTION SINCE 1970





Patience Tai Chi Association, Bill Phillips

Since 1970, the Patience T'ai Chi Association (PTC) has taught Tai Chi and other Martial Arts to thousands of students. They are dedicated to teaching Tai Chi exclusively in all of its aspects: as a moving meditation, for its health benefits, and of course, the sport of Push Hands, and as a high level Martial Art. Additionally, Bill Phillips has published a wonderful book "In the Presence of Cheng Man-Ch'ing". He has also published resources on T'ai Chi and Push Hands such as a DVD and/or a streaming download .

Tai Chi and Qigong for Health

Master Violet Li



Discover the Path to Wellness

Welcome to 'Tai Chi and Qigong for Health' with Master Violet Li. Master Li is a 12th Generation Inheritor of Chen Style Tai Chi and a Qigong master, having trained at the origins of both arts in China under renowned grandmasters. Violet Li has taught tens of thousands of people worldwide both in person and online. As an authoritative expert, she has trained and certified numerous Tai Chi and Qigong masters, and authored over 800 articles.

- www.VioletLiTaiChi.com (Writing and articles)
- patreon.com/TaiChi_Qigong_with_Master_Violet, (Patreon community or articles)
- YouTube.com/@TaiChiExaminer (Videos and instruction)

Start your journey to health today!



**THANK YOU to all the Organizers,
Practitioners & Presenters
at this year's
Tai Chi & Qigong Festival and Symposium**



It is through your dedication, and humble practice, that these Internal Arts continue to thrive and improve the health and lives of so many.

*Feel The Energy (Qi), Know Your Ground, Mind Guides Breath
and*

ENJOY YOUR PRACTICE!

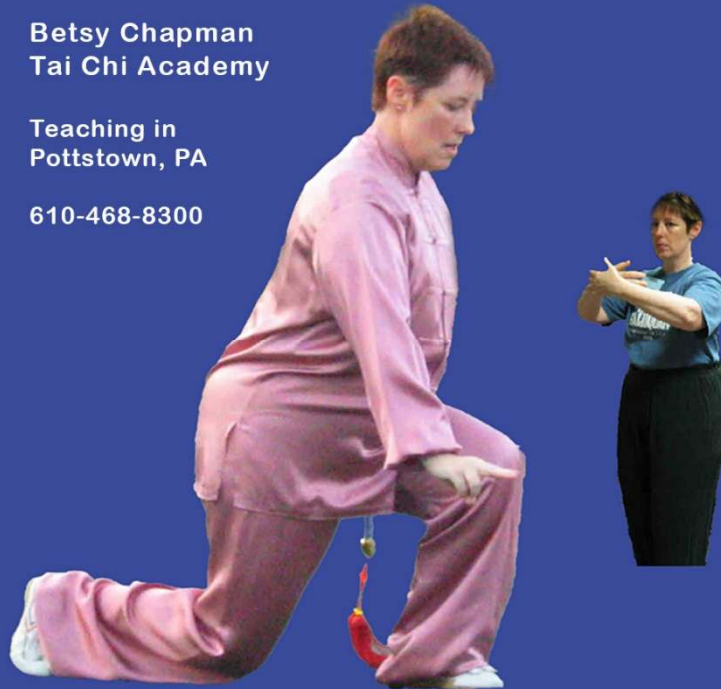
Mark S. Gallagher
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Sacred Space Medical Qigong
Qigong, Self-Care and Self-Healing
www.SacredSpaceMedicalQigong.com

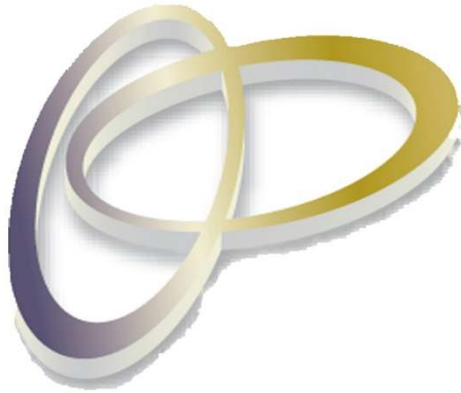
Betsy Chapman
Tai Chi Academy

Teaching in
Pottstown, PA

610-468-8300



Health, Prosperity, and Leadership for everyone, everywhere.



HPL 501c3 Institute helps others achieve health, attain prosperity, and develop leadership.
Have a cause?
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HPL 501c3 Institute, PO Box 564, Douglassville PA 19518. Ph:484-332-3332

Managing Director: CJ Rhoads, CJRhoads@HPLConsortium.com

Weekend Block Schedule Friday and Sunday

(Saturday is on next page.)

Friday June 5

5:30 - 8:00 PM	Friday evening Dinner (extra cost)
8:00 - 8:35 PM	Sunset Qigong by Laoshi CJ Rhoads (Pavilion)
8:35 - 10:30 PM	Friday evening Push Hands (Pavilion)

Sunday June 7

5:15 - 6:00 AM	Sunrise Qigong by Laoshi CJ Rhoads
6:00 - 7:15 AM	Tai Chi Principles Q&A by Laoshi Marc Sabin
7:15 - 8:00 AM	Walk Around the Lake by Laoshi CJ Rhoads
8:00 - 9:00 AM	Group closing ceremonies (Pavilion)
9:00 - 11:00 AM	Breakfast

You can download these schedules at <https://taichifest.org/workshops> .

Remember that we can always use help cleaning up at the end, so feel free to join the group. Ask CJ what needs to be done. Thanks!

Saturday June 6

Time	Community Room	Lodge Ground Floor	Lodge Lounge
5:15 - 6:00 AM	Sunrise Qigong by Laoshi CJ Rhoads (Pavilion)		
6:00 - 7:15 AM	Tai Chi Principles Q&A by Laoshi Marc Sabin		
7:30 AM-8:30 AM	Breakfast (Lodge Dining Room)		
8:00 AM-6:00 PM	Registration table (Community Room)		
8:15 AM-9:00 AM	Saturday Morning Welcome by Laoshi CJ Rhoads (Lodge Dining Room)		
9:00 - 9:45 AM		The Magic of Bagua Qigong Applying Circles to San Jiao by Laoshi Mark Gallagher	Expanding Your Qi Awareness by Laoshi David Ritchie
10:00 - 10:45 AM		The Way of Harmony: Peaceful Push Hands Workshop by Laoshi Marc Sabin	Cultivating Chi in the Cheng Man Ch'ing form by Laoshi Jano Cohen
11:00 - 11:45 AM	Expanding and Contracting: Finding the Yin and Yang in Qigong, Tai Chi, and Pushing Hands by Ramsey Yunan		Yang Style Applications in William Chen's Tradition by Laoshi Bruce McCarter
12:00 - 1:45 PM	Saturday Lunch (Lodge Dining Room)		
2:00 - 2:45 PM	Healing Chi by Laoshi Isse Elston	The SpiralPath: Legacy, Geometry & Power in Silk- Reeling by Laoshi Simone Kraus	Fascia and Leverage: Using Sensitivity and Biomechanics for Push Hands by Laoshi Jill L. Basso
3:00 - 3:45 PM	Tai Chi and Autonomic nervous system balance – a key to happiness and health by Laoshi Alan Remde (Community Room)	Tai Chi Walking x10 by Laoshi David Vanadia	
4:00 - 4:45 PM		Beginning Fan Form by Laoshi CJ Rhoads	Awakening Your Qi with Meridian Massage and Acupressure by Jennifer Steffener
5:30 pm to 5:45 pm	Gather for group picture. (Lodge Lounge)		
6:00 - 8:00 PM	Saturday Dinner (Lodge Dining Room)		
8:00 to 8:45 PM	Sunset Qigong by Laoshi CJ Rhoads (Pavilion)		
9:00 to 10:30 PM	Demonstrations (Lodge Lounge)		

All or Administrative (White)

Taiji/Qigong for Health (Light Green)

Forms (Light Lavender)

Push Hands (Lavender)

Weapons (Tan)

Academic/Other (Light Blue)

Meditative/Spiritual (Blue)

Self Defense/Competition (Green)

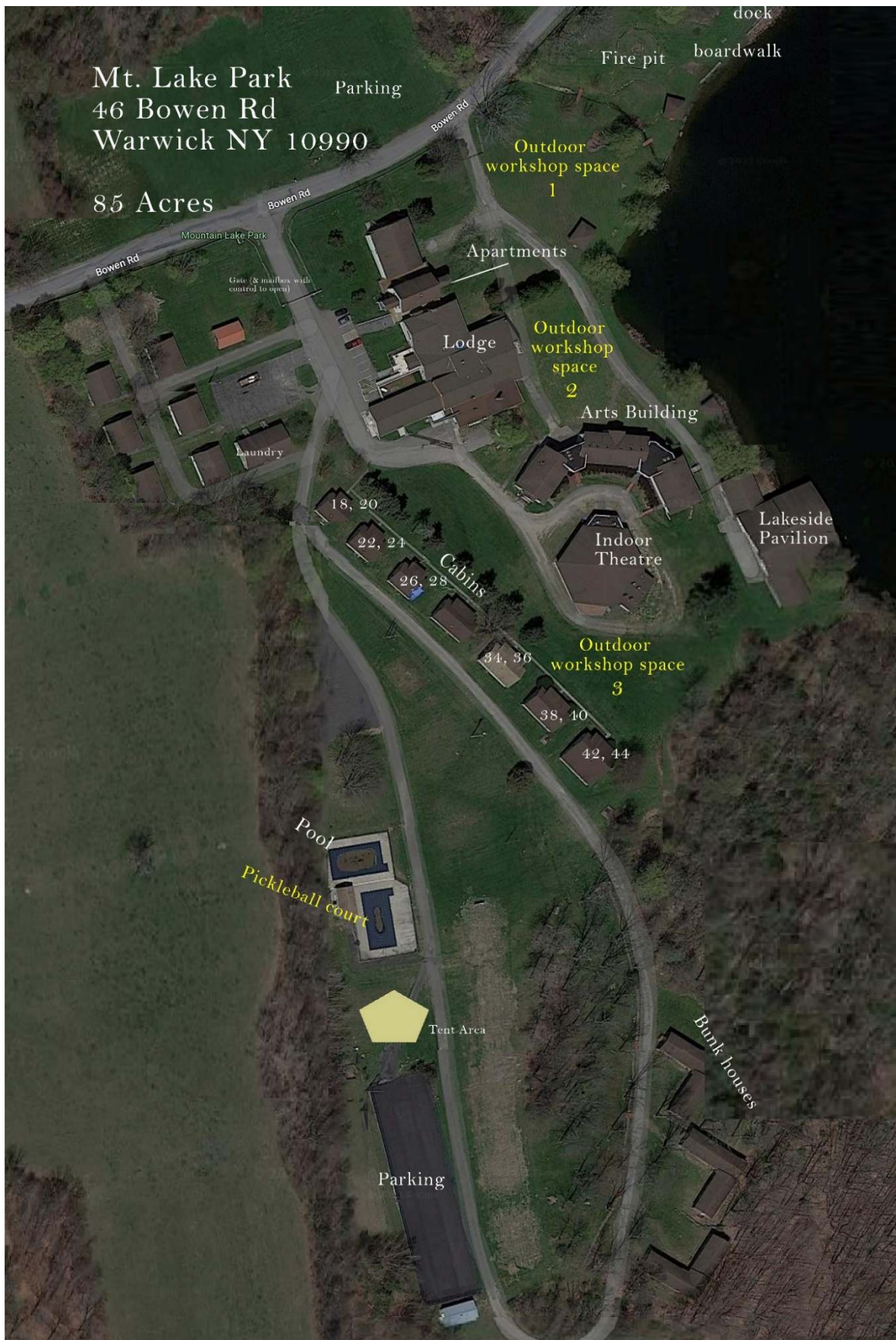


Figure 1. Large map of Mt. Lake Park campus

Guidelines & Instructions for All Participants

Welcome to the 2026 Tai Chi & Qigong Festival & Symposium. We are delighted that you could join us. The address for Mt. Lake Park is 46 Bowen Road, Warwick, New York 10990.

In-person June 5-7 and On-line June 13

So that everyone can enjoy the 2026 Tai Chi & Qigong Festival & Symposium even when they are far away, we provide a portion of this event On-Line. Everyone who attends in-person (June 5-7) will automatically get the link to attend the on-line portion on Zoom the following weekend (June 13). People who wish to only attend the on-line portion may do so by donating any amount and becoming a Friend of the Festival. (Friends of the Festival who donate before this program guide is printed will be listed in it's pages. But everyone who donates will be listed on the website.)

The Facilities

Mt. Lake Park is owned by the town of Warwick, NY, which is where Master Jou Tsung-Hwa owned his 100 acre farm (just north of the town). Master Jou started holding the Tai Chi Farm on his property in the late seventies and continued until his untimely death in 1998.

Mt. Lake Park is very large and is used by the community for a lot of different purposes (pickleball, a community pool, hiking, etc.). We are renting a section of the park. You can use the community pool if you wish - just pay \$12 to the pool staff. We have also been given permission for campers to set up their tents in the designated areas of the woods. (See the large map on the previous page to see all the buildings.)

Last year the rooms where the workshops all had names after Famous Masters. By popular demand we are dropping that this year. (Apparently, it's a lot more difficult to figure out where the Chen WangTing Room is if we don't use its actual name of Dining Room 😊) The locations of the activities are from the perspective of standing on the driveway facing the Lodge front door.

Room Name	Building Location	Outside Location	Description of activities
Community Room	The annex on the right side of the Lodge	Outdoor Area #3.	Workshops. The registration table is just outside of the community room.
Lodge Dining Room	Inside the Lodge, on the backside facing the lake.		All meals and Welcome
Lodge Lounge	Just inside the front door of the Lodge	Outside Area #2	Workshops and Demos
Lodge Ground Floor	On the first floor of the Lodge. <small>(We did not use this space last year, but it has large windows that overlook the lake)</small>	Outside Area #1	Workshops
Pavilion	A large outdoor structure jutting into the lake, across the path from the Indoor Theatre.	Outside Area #2	Workshops, Push Hands, and Sunrise and Sunset Qigong. If we cannot use it, we will be on the grass just to the left.

Overview

The 2026 Tai Chi & Qigong Festival & Symposium begins on Friday evening with the community meal, which will be held at the Hunan Garden Chinese Restaurant. People can either meet us there, or car pool from the Mt. Lake Park. The address is 3 Grand Street, Warwick, NY 10990.

After dinner, on Friday evening we will gather to do Sunset Qigong by the lake. Generally this is led by CJ Rhoads, but she often asks others to share some practice of theirs. After that, we will hold a push hands meet (also known as sensing hands) under the watchful eye and tutelage of Jill Basso and CJ Rhoads. If you are new to the practice, you might want to stick with Ta Lu, the two person cooperative activity that practices the energies of split, elbow stroke, shoulder stroke and pull down (found in many postures in the form) which Jill and/or CJ will demonstrate and/or teach to anyone wishing to know. Let your partner know if you are new. (In the appendix of this document are some guidelines for all to follow. If you are more experienced, free style push hands is encouraged, remembering to stick with the principles. Push Hands is not wrestling!)

Starting Saturday, we begin each day at sunrise with Sunrise Qigong, and then gather for Sunset Qigong, both led by CJ Rhoads. There is also a special session each day led by Marc Sabin between the Sunrise Qigong and breakfast.

On Saturday morning there will be a very short welcome, a discussion of any changes and/or logistics, as well as a brief presentation on the legacy of Master Jou and the history of the Tai Chi Farm (also known as the Chang San Feng Festival, or the Zhang SanFeng Festival).

Saturday will be filled with workshops from our wonderful workshop leaders: Jill Basso, Jano Cohen, Isse Elston, Mark Gallagher, Simone Kraus, Bruce McCarter, CJ Rhoads, Dave Ritchie, Marc Sabin, Jennifer Steffener, David Vanadia, and Ramsey Yunan. Check the schedule for the specifics.



All three meals, breakfast, lunch, and dinner, are held in the dining hall and are included in the ticket. It is customary to dress up for the Saturday Evening Banquet. A half-hour before dinner we will gather to get our picture taken, so don't be late or you will miss it. You will hear from our sponsors as well as have the opportunity to get to know each other much better after a long day of wonderful workshops. After dinner we will once again do Sunset Qigong, and afterwards gather in the Lounge for refreshments and demonstrations. This is also when workshop leaders and volunteers receive their certificates.

On Sunday morning after Sunrise Qigong and the Tai Chi Principles session by Marc Sabin, there will be a walk around the lake (it's about 2 miles on a trail). Then we will have a closing ceremony. Just like at the Tai Chi Farm, we will honor our ancestors with ritual incense and bowing. Everyone is encouraged to bring a picture or memento of someone to add to the shrine who has influenced your tai chi & qigong practice and/or life.

The schedule can be found in this program guide as well as posted by the registration table. If there are changes, they will be noted on the large posted schedule. We will also post if the workshop is at the indoor location or the outdoor location (something determined by each workshop leader at that time, based upon the content of the workshop and the weather). We also encourage you to download the schedule from the web or take a picture of the schedule so you have it on your phone. There is a fifteen minute break between the 45 minute workshops for people to get to and from the workshop locations. A gong will sound once at the beginning and three times at the end of each workshop time.

!!!!!!Warnings!!!!!!

SMOKING IS PROHIBITED IN ALL TOWN-OWNED INDOOR FACILITIES! Do not smoke in any building anywhere. Please do not smoke near entrances either as there may be people who are sensitive to smoke who may be trying to enter or exit buildings. Do not leave cigarette butts on the ground, but dispose of them in an outdoor trash can. You also may not light any candles.

Please note the septic system is delicate and you can **only flush toilet paper down the toilets**. No wipes, tampons, pads, etc. Do not use excessive toilet paper and flush extra times if necessary.

Important Details

The overview gives you an outline, but here are more about the important details you will need.

Check-In

If you received this document in email, it means you preregistered. Well done!! It always helps the organizers when people register ahead of time as too many “walk-ins” can be problematic (and too few registered participants even worse!)

Though you have registered and paid, you must still “check in”. At the registration table there will be a special line for preregistered participants. Go to the registration table to pick up your registration packet which will contain this document (and yes – you got it in email prior to the Festival but we also give you a printed copy), your name tag, the program guide, and your key if you registered for a room. Please wear your name tag at all times within the park during the Festival. If you lose your name tag, you can go to the registration table to get another one. Please do not share your name tag with others to “sneak” into the Festival. If someone can't afford the ticket, have them come talk with us and we can work something out. No one should be prevented from attending just because they can't afford the ticket.

If You Need Help

If you need assistance and are staying on-site, please call the Volunteer On Call at 484-332-3331. If the Volunteer On Call is not available, call Vicki Kohanek at 609-902-6635 or call CJ Rhoads at 610-468-5039. In an emergency when none of those people are available, you can call the Mt. Lake Park managers: Keith (845) 313-1823 or Sam (845) 258-0670

If you have a dire emergency, call 911. If you hear a fire alarm, please exit the building and go a safe distance until you are notified that it is safe to return to the building.

Workshop Timing and Locations

There are actually two different locations for each workshop; an indoor location and an outdoor location. Each workshop leader may designate whether they are holding the workshop indoors or outdoors (obviously depending upon the type of workshop and the weather). The location will also be posted on the schedule along with any last-minute changes to the workshops going on.

Please try to be on-time to workshops; it cheats everyone if the workshop leader feels compelled to repeat information for latecomers (and sometimes the information is cumulative so there is no other choice). Also, you cheat yourself if you come in mid-stream and miss the beginning. Forty-five minutes is a very short workshop; please maximize your time with our valued and esteemed workshop leaders.



You should be at the workshop site when you hear the beginning gong (one gong). When you hear the ending gong (three gongs), feel free to gently remind the workshop leader (if they didn't hear it). You should then feel free to fill out your workshop evaluation (you can use the QR code on the poster in the room) and then leave and start heading toward the next workshop so that you are not late.

Community meals

This year we are going to provide community meals without charging extra for it. Meals are served banquet-style. We tried to provide plenty of options so that there is enough variety to meet most people's tastes. Of course, you can also bring your own food and join us in the dining room if you wish.

Here is our planned menu:

- Breakfast: Bagels, Yogurt, Granola, Fruit, Quiche Bites, and Cereal
- Lunch: House Salad, Classic Burger BLT Slider, Arancini, Chicken meatballs, Crab Cake Bites, Cavatelli + Broccoli, Mac + Cheese, and Seasonal Veggie Mix
- Dinner: Ceasar Salad, Classic Beef Taco, Chicken Piccata, Filet Mignon Lo Mein, Garlic Rosemary Mashed Potatoes, Baked Stuffed Clams, and Blueberry Cheesecake

We did not hire a service to clean up after meals, but expect everyone to bus their own tables and pitch in to help with cleanup. Please plan on doing that. If you are not sure what to do, find Amanda Humbert and she will direct you to a cleanup task that needs to be done. There is a small group of people who volunteered to wash the dishes and put them away.

What to bring

There are several things that you may wish to bring:

- Comfortable clothes.
- Dress-up clothes and/or Chinese outfit for Saturday Banquet
- Pen & notepad to take notes.
- Disposable Cups (put your name on them and reuse) or refillable container for water.
- Snacks and/or drinks (alcohol allowed) for yourself and to share between meals.
- Sunscreen, hats, sunglasses, bug repellent. A swimsuit if you plan to swim.
- Extra clothes, umbrella & rain gear.
- Wooden swords, other swords, fans (there is a fan workshop).
- Business cards.
- Cash or checks for purchasing t-shirts, books, and other items.
- Picture or memento of a Tai Chi ancestor or honored person.
- Patience and a sense of humor.

There are coffee makers in every room. All the cabins and apartments have air conditioning, but a couple of the individual rooms do not.

We purchased special insurance so that you can bring alcoholic beverages if you so choose. Please drink responsibly.

Group Pictures

The in-person picture taking will take place on Saturday at 5:30 PM ET. We will have everyone gather in the Lounge and then go out to the steps to take the picture and a short video.

The on-line picture taking will take place on Sunday at 12:30 PM ET. Everyone will put their video on and smile while we take a picture and short video.



Figure 2. Group Picture from 2026.

Everyone signed a waiver either when they registered online or when they came to the registration table to pick up their packet that allows us to take pictures of them. Of course, if someone is taking photos and you don't want to be in it, feel free to let the photographer know. Also, you must ask workshop leaders specifically if they will allow you to take photos or videos of them. We do not have anyone officially taking photos this year, so please take a bunch and then share them with us at the link we will send out in email after the event.

Evaluations

There will be evaluation for each of the workshops as well as an overall evaluation of the entire festival and the venue.

The workshop evaluations have name of the workshop leader and topic as well as the time and date already listed. All you have to do is select the numbers (1-5, with 5 being good and 1 being poor) and write a comment (please include kudos and suggestions for improvement). To do the workshop evaluation after each workshop on your phone, you can use this QR code:



Figure 3. Workshop Evaluation Form QR code

You can also use this URL: <https://forms.gle/MdYexqcQqjH1iCDd7>

There will be a few paper copies of the evaluation at each workshop, but someone has to enter the paper evaluations into the system, so we would appreciate it if you would utilize the electronic form if you can. However, we'd rather than paper evaluations than no evaluations so please do evaluate.

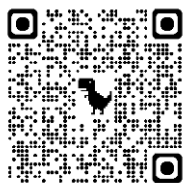


Figure 4. Overall Festival Evaluation Form

The Overall Festival Evaluation will be sent to everyone in email at the end of the Festival. Again, we appreciate kudos as well as suggestions for improvement.

The URL for the Festival Evaluation is here: [Overall Festival Evaluation Form](#)

Guidelines & Instructions for On-Site Housing

We are delighted that you could join us, and even more delighted that you chose to stay on-site. An event takes on a special ambiance when people are together the whole weekend instead of spreading out to hotels each evening. One of the great things about the Tai Chi Farm was the fact that everyone was together the whole weekend - though most people stayed in tents around the property. (We were all much younger then, so tenting wasn't a hardship.)

We hope you will find your stay at the Mt Lake Park venue both enjoyable and memorable. It's not the Ritz, but it is clean and comfortable enough. And Sam (Samantha Walter, the Park Director) is the kindest most wonderful person who does such great work with few resources. Please keep in mind that some of the facilities in the park need some TLC (tender loving care). This venue was taken over by the town of Warwick after a long-time summer camp (Camp Kutz) went defunct. The transition is a work in progress for Warwick, and we are happy to hear your thoughts on the progress they've made since 2023 (Personally, I believe it has progressed quite well! For those who weren't there in 2023, we were *the very first group* to use the facilities, so there were a few hiccups 😊)

Logistical Details

You can check into your rooms anytime after 3:00 on Friday, June 5. Check out is 12:00 on Sunday, June 7th if you are staying both nights. The check in and registration will be in the Community Room Foyer (to the right of the Lodge front doors in the attached building).

There will be a sign on the door of each room with the names of the people who will be staying in that room. Your room assignment will also be on your name tag.

You can park near your room if there is an available parking space next to it, or you can park in one of the parking lots or on the grassy area designated *Parking* on the large map on page 9.

The automatic gate will open at 7:30 am and close at 8:30 pm. If you need to leave the park after 8:30 pm the gate will open for you automatically once you pull your car forward towards the gate. If you return to the park after 8:30 pm we have placed a remote gate opener in the black mailbox just outside the gate. **Please make sure you return the remote to the mailbox.**

Sheets, blankets, pillow, towels, toilet paper and hand soap are provided for those staying on-site. Your linens have been cleaned but some may be faded by the sun and/or wrinkled. There are different amenities (like a refrigerator, stove, and/or microwave) in the apartments and cabins. There is a coffee-maker and a lamp in each. All have air-conditioning, but it might just be in the main area and not in your room. The amenities were listed on the registration form when you registered.

In addition to the items listed for everyone to bring, there are several things you may wish to bring if you are staying onsite overnight. You may also wish to bring:

- Specialty coffee or specialty tea (we'll have a normal variety at breakfast but nothing fancy)
- Extra paper towels, specialty kitchen utensils
- Soap or body wash, shampoo, conditioner
- Hairdryer or other personal grooming aids
- Flashlight

Please do not use candles in any buildings. Also, please do not drape any towels, linens or blankets over or near the baseboard heaters. Please do not move your bed closer to the heater. Extra blankets are provided if you need one.

If your garbage is full, tie it up and place it on the porch outside your door but only in the morning, **not at night**. There are extra garbage bags in the bottom of the wastepaper basket or inside kitchen cabinets. **Do not leave food in your car or outside, either. There are bears.**

You will be given a key to open your cabin or apartment. Please be sure to return it at the end of your visit. **We will be charged big bucks (\$150!) if you lose your cabin or apartment key, so YOU will be charged big bucks (\$150) if you lose your key.** The individual rooms do not lock, so you may want to keep valuables in your car (although overall we are a pretty trustworthy bunch 😊)

Please do not alter, in any way, the interior or exterior of any facility. THE USE OF STAPLES, NAILS, TACKS, GLUE AND OTHER DAMAGING ITEMS TO SECURE DECORATIONS IS STRICTLY PROHIBITED. Tables and chairs must be put back in their original storage or set-up positions. It shall be your responsibility to keep the premises clean; including but not limited to counters, floors, tables, and equipment/appliances. Please restore them to their original condition. **We will be charged big bucks (\$700!) if you do any damage or fail to keep everything clean, so YOU will be charged big bucks (\$700) if you do any damage or fail to keep everything clean.**

At the end of your stay, trash must be picked up, tied in bags, and deposited in the large trash containers outside of the Lodge. Your sheets should be stripped off the bed, and put into the pillow case. Bring the used towels and sheets to the office across from the Lodge. (On the map, it says "laundry".) Leave the blanket folded and unused towels folded on the bed in the room. **Doors and windows must be securely closed and locked before you leave. Stove and water faucets must be turned off.**

Tenting

As you know, there will be tenting. We expect tents to use the woods between the pickleball courts and the Bunkhouses in the designated area as shown on the large map on page 9. Do not set up too close to other tent sites. Please do not start a fire in the woods. If you need to have a fire to cook, there is a firepit that you can use on the other side of the lake. At the end of the weekend, please return the entire site to the same condition it was before you came.

One of the bunk houses (bunk house #3) will be open so that you can use the toilets, sinks, and showers. (And yes, if it rains or gets too cold, you set up your tent in the bunkhouse. It is NOT cleared for occupancy due to safety regulations, however, so keep it on the DL.)

Kitchen

There is a large kitchen and we are allowed to use it. If there is no fridge in your room, you can put things in the fridge. We will also bring containers so you can take food from meals to save for later.

Guidelines & Instructions for Workshop Leaders

Thank you SO VERY MUCH for agreeing to share your knowledge and expertise with our participants. We know that they very much enjoy everyone's workshop, and are appreciative of the effort you put into developing a workshop for them.

Your workshop

Each workshop leader is asked to introduce another workshop leader (and one of them has been assigned to introduce you.) Their bio is in this document, or you can look it up on the website. If you wish your introducer to say something else, please contact them and give them whatever you'd like them to say. The introducing workshop leader also reminds people to fill out the evaluations. The QR code will be posted on the wall (and is in this document). There will also be a handful of workshop evaluations for those people who prefer not to fill it out online. You will get a compiled version of all the evaluations and their comments after the Festival.

Schedule with Who is Introducing whom

Time	Community Room	Lodge Ground Floor	Lodge Lounge
5:15 - 6:00 AM	Sunrise Qigong by Laoshi CJ Rhoads (Pavilion)		
6:00 - 7:15 AM	Tai Chi Principles Q&A by Laoshi Marc Sabin		
7:30 AM-8:30 AM	Saturday Breakfast (Lodge Dining Room)		
8:00 AM-9:00 PM	Registration table (Community Room Foyer)		
8:15 AM-9:00 AM	Saturday Morning Welcome by Laoshi CJ Rhoads (Lodge Dining Room)		
9:00 - 9:45 AM		The Magic of Bagua Qigong Applying Circles to San Jiao by Laoshi <u>Mark Gallagher</u> <u>Jill Basso</u> introduces	Expanding Your Qi Awareness by Laoshi <u>David Ritchie</u> <u>Jennifer Steffener</u> introduces
10:00 - 10:45 AM		The Way of Harmony: Peaceful Push Hands Workshop by Laoshi <u>Marc Sabin</u> <u>Bruce McCarter</u> introduces	Cheng Man Ch'ing with One Chi by Laoshi <u>Jano Cohen</u> <u>CJ Rhoads</u> introduces
12:00 - 1:45 PM	Saturday Lunch (Lodge Dining Room)		
11:00 - 11:45 AM	Expanding and Contracting: Finding the Yin and Yang in Qigong, Tai Chi, and Pushing Hands by Laoshi <u>Ramsey Yunan</u> <u>David Vanadia</u> introduces		Yang Style Applications in William Chen's Tradition by Laoshi <u>Bruce McCarter</u> <u>Marc Sabin</u> introduces
2:00 - 2:45 PM	Healing Chi by Laoshi <u>Isse Elston</u> <u>Mark Gallagher</u> introduces	The <u>SpiralPath</u> : Legacy, Geometry & Power in Silk-Reeling by Laoshi <u>Simone Kraus</u> <u>Jano Cohen</u> introduces	Fascia and Leverage: Using Sensitivity and Biomechanics for Push Hands by Laoshi <u>Jill L. Basso</u> <u>Alan Remde</u> introduces
3:00 - 3:45 PM	Tai Chi and Autonomic nervous system balance - a key to happiness and health by Laoshi <u>Alan Remde</u> <u>Simone Kraus</u> introduces	Tai Chi Walking x10 by Laoshi <u>David Vanadia</u> <u>Ramsey Yunan</u> introduces	
4:00 - 4:45 PM		Beginning Fan Form by Laoshi <u>CJ Rhoads</u> <u>Isse Elston</u> introduces	Awakening Your Qi with Meridian Massage and Acupressure by <u>Jennifer Steffener</u> <u>David Ritchie</u> introduces
5:30 - 5:45 PM	Gather for group picture. (Lodge Lounge)		
6:00 - 8:00 PM	Saturday Dinner (Lodge Dining Room)		
8:00 to 8:45 PM	Sunset Qigong by Laoshi CJ Rhoads (Pavilion)		
9:00 to 10:30 PM	Demonstrations (Lodge Lounge)		

Please make note of the time for your workshop. YOU are the decisionmaker for the location, so at least 30 minutes PRIOR to the beginning of your workshop go to the registration table and let them know if you will be inside or outside. If you plan to go outside, please go to the area on the map associated with the location so that people know where to go. The registration volunteers will put the location on the big schedule in the lobby. Please try to get there a few minutes early so that people can be sure of the location.

If you have to cancel your workshop for some earth-shaking reason, please let us know ahead of time. It is heartbreaking when people are ready and willing to attend a workshop and the leader isn't able to make it - without warning. If you must cancel, just let us know as soon as you know there's a problem.

Saturday Evening Demo

On Saturday evening, after dinner and the sunset qigong, we would appreciate if all workshop leaders do a very short (4 minute) demo of something. CJ Rhoads or someone will be around with a signup sheet for the list of who will do what demo. If you need music, please let us know that as well.

Guidelines & Instructions for On-Line Participants

In 2026, we are returning to splitting the Festival into an In-Person portion and an On-Line portion. (For three years we tried to do a hybrid event, but we decided splitting it works better.)

Getting and Testing the Link

The link for all on-line participants will be sent out to participants to your email the day before, on Friday June 12, 2026 around 7:00 PM Eastern Time. Please look for it before Saturday morning, and if you don't find it, check your SPAM or JUNK folder. If you still don't find it, call 484-332-3331 and our Volunteer On Call will put you on a list to have it resent. Please do NOT share the link. It is intended only for those who registered. Please do NOT wait until the time of the panel or workshop to test the link if you are not very familiar with Zoom. There may not be anyone available who can answer the phone or look at email at that time. We will send the link again around 8:00 AM on Saturday, June 13 just so that it is at the top of your email. For some people, they can't click the link, but they can go into <https://zoom.us> and manually enter the meeting ID and passcode which will be sent in email.

Zoom Etiquette

We will be using Zoom itself, and not a webcast, so that everyone can participate in the activities.

The Zoom session is set to mute you as you enter. Please stay muted unless you are asked to unmute in order to ask a question. Between presenters the chat will be available for you to enter information for everyone to see, but do not spam the chat. (In other words, you can introduce yourself and say where you are from, perhaps make some comments between the presentations, but this is not a forum for you to share more than a single message about upcoming events or items of interest to others). During presentations, you will only be able to chat with the hosts and co-hosts out of respect for the presenters and the attendees who wish to focus on the presenter and not be distracted by constant chat messages popping up.

You can set your view to **gallery** to see everyone (in the upper right corner of your computer or by swishing to the left on a phone or ipad). Or switch to **speaker** view to see the current speaker in a larger window. If you have a computer, you can see both the speaker AND the gallery if you switch to speaker view and then select **full screen view**. A few videoboxes will appear, but if you grab the corners and make the panel bigger you can see many more (though it will cover up part of the speaker, so you may have to move the panel around your computer screen).

To ask a question, click on the "Raise Hand" icon that you will find on the control panel. (If you are on a phone or ipad, you may have to press on the screen to see the control panel). Some newer Zoom installations will automatically "Raise Hand" electronically if you physically raise your hand in front of the camera. If you wanted that to happen, great. But if not, please lower your hand. After you've asked your question, please mute and lower your hand.

There will be an anchor and a host available during the zoom session. The anchor is the person who manages the time and questions. The host is the person who spotlights those who are speaking and manages the powerpoints, videos, chats, mutes and unmutes. If you have an issue or problem, chat with the host, not the anchor.

There are more details about zoom in the appendix of this document.

On-line Schedule

Here is the planned schedule for the online portion of the Tai Chi & Qigong Festival and Symposium:

Sat June 13	
Time	Online
9:00 - 9:30 AM	Awakening the Internal Engine: Drills for Contraction, Expansion, and Spirals by Laoshi Harry Legg
9:35 - 10:05 AM	State of the Evidence: Research into TCQ by Laoshi CJ Rhoads (Online)
10:10 - 10:40 AM	Maggie Newman Legacy Panel by Laoshi CJ Rhoads (Online)
10:45 - 11:15 AM	Tai Chi Walk by Laoshi Violet Li
11:20 - 11:50 AM	Fluidity in Tai Chi forms by Laoshi Bob Klein
11:55 - 12:25 PM	On-Line Lunch gathering (Online)
12:30 - 12:45 PM	Gather for group picture. (Online)
12:50 - 1:20 PM	Your Tai Chi Knees: How to Protect Them and Use Them to Your Best Tai Chi Advantage by Laoshi John Loupos
1:25 - 1:55 PM	Sun Style Comparison by Laoshi Betsy Chapman
2:00 - 2:30 PM	Opening Our Upper, Middle, & Lower Dan Tiens and Changing the World by Laoshi Bill Douglas
2:35 - 3:05 PM	Pain Freeing Qigong by Laoshi CJ Rhoads
3:10 - 3:40 PM	Energy flow through the joints by Laoshi Bob Klein
3:45 - 4:15 PM	Discover the Soft Way of Zen Work by Laoshi Stephen Watson
4:15 - 5:00 PM	Group closing online (Online)

All or Administrative (White)

Taiji/Qigong for Health (Light Green)

Forms (Light Lavender)

Push Hands (Lavender)

Weapons (Tan)

Academic/Other (Light Blue)

Meditative/Spiritual (Blue)

Self Defense/Competition (Green)

For the **Legacy Panel for Maggie Newman** we have invited Susan Heineman, Janet Louise, Bill Phillips, and Jano Cohen to talk about [Maggie Newman](#), who passed away on October 8, 2025 at the age of 101.

(Recently Robert Morningstar created a memorial page for Maggie. You can access it here: [The Passing Parade: Maggie Newman, The First American-Born Lady Tai Chi Master Has Passed Away](#))



For Lunch: While it’s true we can’t actually share the same meal, we can at least share the virtual lunch room by everyone getting their own lunch and eating it while talking with everyone about Tai Chi, Qigong, and life in general. After lunch we will take the group picture where everyone just turns on their video and we take a print-screen of all the participants. We also may be taking a little video of everyone waving “Hi”. Then the afternoon workshops will commence. The end will be a bit of reminiscing about the day and giving everyone an opportunity to make comments.

Appendix A: Leader Bios and Workshop Descriptions



Laoshi Jill L. Basso

Jill is a second-generation teacher in the Cheng Man Ching lineage. She is a senior student to Master William C. Phillips of Patience Tai Chi and a Certified Tai Chi Teacher. Jill started studying Tai Chi in Brooklyn, NY in 1995 and began teaching tai chi form classes in 1996 in the Hudson Valley. She has earned several gold, silver and bronze medals in form and push hands in competitions in NY, Taiwan and MD. She has been a Licensed Massage Therapist (LMT) since 2008 and blends her knowledge of body work with her students and clients to improve health, well-being and inner balance for healing. Some of these modalities include structural integration, cranio-sacral therapy, reflexology and somatic (body-based) approaches. Jill received her Somatic Experiencing Practitioner (SEP) certification and is a Somatic Coach, which has deepened to her practice. Jill has been living in Santa Fe, NM since 2007 and teaches tai chi classes year round in the park; Beginner – Advanced Yang Short and Long forms, Qi Gong, The Eight Brocades, Swimming Dragon, Push Hands, Self – defense applications along with the CMC Yang Sword Form, Stick form and punching forms in her Women’s Weapons class. Find more information on her Desert Sage Tai Chi website; www.desertsagetaichi.com and same named Facebook page.

Workshops: Fascia and Leverage: Using Sensitivity and Biomechanics for Push Hands

Room: Lodge Lounge

Day and Time: Saturday 2:00 - 2:45 PM

We will explore tai chi’s approach to the use of leverage for rooting, minimizing tension and generating power. We will explore how the sensitivity of connecting with fascia, combined with the use of leverage applies to improve your push hands.



Laoshi Betsy Chapman

Betsy Scott Chapman has been a Martial Artist since 1980 and a Harpist since 1988. After a long corporate career she retired to follow her passion, opening a Wellness Center in 1995 which she sold in 2008. She continues to pursue Wellness practices, teaching Tai Chi and related topics at Ursinus College and elsewhere. She is certified as a Senior Coach (Black Sash/Instructor) by the Wu Kung Federation (UK), and holds additional Black Sash ranking from Nick Gracenin's Martial Arts Center (US) and the International Wushu SanShou Dao Association (China). She is certified as a Chief Judge for Chinese Martial Arts competition in the US. As a Certified Clinical Musician she uses harp music in hospital and hospice settings to positively affect patient well-being. She is also a VAHT (Vibro-Acoustic Harp Therapy) Practitioner, Shiatsu therapist and Reiki Practitioner. She has coproduced a CD of music and spoken word specifically for use with hospice patients, and another CD of music for relaxation and meditation.

Workshop: Sun Style Comparison

Room: Online (June 13)

Day and Time: Saturday 1:25 - 1:55 PM

Sun Style is the rarest style of Tai Chi. It combines the principles of Xing-yi into the form, and was developed by Sun Lu-Tang. This workshop will describe the Sun Style and how it differs from Yang or Chen.



Laoshi Jano Cohen

JANO COHEN has been a student of Margaret (Maggie) Newman since 1977 (with a 12-year break between 1984 and 1996). She was given permission to teach in 1998. Maggie was one of the six senior students of Professor Cheng Man Ching who were given permission to teach at the Shr Jung school in New York City. While Maggie is her primary teacher, Jano has also learned a great deal from classes or workshops with Lenzie Williams, John Crouse, Jeff Herrod, Weiming Yuan, Tom Daly and William Bengochea. Jano is one of six teachers designated by Maggie to carry on teaching in her stead in

Philadelphia since she retired. As they rotate teaching, Jano also learns from her fellow teachers Susan Heineman, Russ Mason, Michael Ward, Jean Zimmermann, and Janet Louise. She is also one of the teachers at Maggie's Legacy camp held once a year in Geneva, NY. As a previous dancer and choreographer Jano brings her ability to break down choreography for her students and a passion for movement. As an Alexander Technique teacher, she can share ways to release tension, enhance physical alignment, and improve movement flow.

Workshop: Cultivating Chi in the Cheng Man Ch'ing form

Room: Lodge Lounge

Day and Time: Saturday 10:00 - 10:45 AM

T'ai chi walks, chi kung and repeated postures from the form will be presented as a way for practitioners of all levels and any lineage to practice the T'ai chi principles and cultivate chi together.



Laoshi Bill Douglas

William Douglas is the 2009 Inductee to the World Internal Arts Hall of Fame in New York, and received the "Extraordinary Service in the Field of Qigong Award" from the National Qigong Association (NQA.org), and the "Qigong Media Excellence Award" from the World Congress on Qigong (Founded by Dr. Effie Chow). He is the Founder of World Tai Chi & Qigong Day (WorldTaiChiDay.org), and Founder of The Global Transformation Project (GlobalTransformationProject.org). William is an award-winning author on Mind Body and Consciousness. his latest book's compilation of Mind Body

science led to the formation of The Global Transformation Project. His books include: "The Gospel of Science: Mind Blowing New Science on Ancient Truths to Heal Our Stress, Lives, and Planet" (2nd edition), "The Tao of Tai Chi: The Making of a New Science," and "The Complete Idiot's Guide to Tai Chi & Qigong" (4th edition, Penguin Alpha Books).

Workshop: Opening Our Upper, Middle, & Lower Dan Tiens and Changing the World

Room: Online (June 13)

Day and Time: Saturday 2:00 - 2:30 PM

Nei Gong Meditation practices can open our 3 main dan tiens, and science reveals that this can profoundly improve our moving Qigong and Tai Chi practices, which in fact are changing and will change the world.



Laoshi Isse Elston

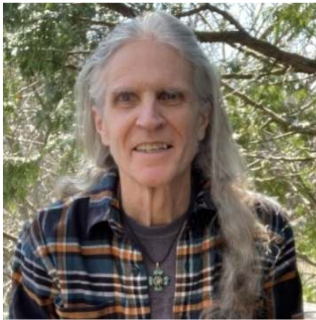
Marie Louise Elston has been teaching Tai Chi and Qigong for over forty years. She and her late spouse, David Elston-Phillips, were founders for the Taijiquan Enthusiasts Organization and its parent organization, HPL 501c3 Institute (main hosts of the Symposium of Integrative Health, Tai Chi, and Qigong). She is the principle of Complete Mind Body Spirit Tai Chi Association which offers four tai chi and qigong classes every week in Middletown and Falls Township in Bucks County, PA.

Workshop: Healing Chi

Room: Community Room

Day and Time: Saturday 2:00 - 2:45 PM

Exploration of the universal life force that we can tap into. A series of qigong exercises - the 8 brocades and the 18 positions.



Laoshi Mark Gallagher

Mark S. Gallagher Founded Sacred Space Medical Qigong - Energy based, self-care/self-healing program - Instructor -classes & workshops on Qigong, Tai Chi, Meditation & Weight control - Studied with dedication, many styles of Qigong, Bagua & Tai Chi -still learning. - Former Student of: Dr. Christopher Viggiano, Dr. Ted Cibik, Jianye Jiang, Yuzhi Lu, Dr. Paul Lam, William VanHeteren, Master Almerico Santucci - Attended workshops by some of the best Internal Practitioners - Trustee President -Institute for Spiritual Development (Sparta NJ.) - Founder of Sparta Tai Chi and VitalityDVDs.com - Developed 'Mindful

Weight Loss' Program w/supporting DVD 'The Truth About Weight loss' - Author of 'The Pillars of Wellness' book - Producer of several DVD's on Qigong, Weight Loss and Meditation. - Member -Jianye Jiang's 'USA Health Preservation Association' - Member -Dr. Paul Lam's 'Tai Chi for Health Community' - Managed 'Medifast' Weight Loss programs - Owner of 'Jersey Girl Chocolate' Brand. (2015-2024) - Founder of 'Gallagher's Home Medical Equipment Service' (1997-2012) Mark S. Gallagher -Training Timeline 2025 – Founded Sacred Space Medical Qigong 2023 -2025 Presenter Tai Chi & Qigong Festival & Symposium 2010–2025 Qigong & Meditation Instructor -Institute for Spiritual Development 2018 Doctor of Medical Qigong (DMQ)

Workshop: The Magic of Bagua Qigong Applying Circles to San Jiao

Room: Lodge Ground Floor

Day and Time: Saturday 9:00 - 9:45 AM

Learn to use Bagua patterns to stimulate Qi flow into the torso, relax the body and calm mind & emotion. Class will demo applying Qi flow into the three zones of San Jiao and provide insights into spiraling energy as a healing practice.



Laoshi Bob Klein

Bob Klein studied Tai-chi-Chuan with Grandmaster William C. C. Chen in the 1960's and 1970's. He was a zoologist, working with hundreds of species of animals and considers them to also be his teachers. Mr. Klein is the author of the books, "Movements of Magic - the Spirit of Tai-chi-Chuan", "Movements of Power - Ancient Secrets of Unleashing Instinctual Vitality", and "Heal Yourself and the World with Tai Chi". He has produced over 70 instructional videos on Tai Chi and related subjects. Bob is a co-host of the three-times monthly International Tai Chi Teachers Discussion Group online. He was an

original teacher at Master Jou, Tsung Hwa's Tai Chi Farm in Warwick, N. Y. Jean Klein studied Tai Chi with Bob Klein and Grandmaster William C. C. Chen since the 1980's. She was a physical therapist assistant and is a Tai Chi teacher and Pilates teacher and teaches on several instructional videos.

Workshop: Energy flow through the joints

Room: Online (June 13) Day and Time: Saturday 3:10 - 3:40 PM

Getting all the joints to move in relationship to each other at all times in Tai Chi forms in order to maintain alignment, rooting and energy flow. Includes the role of the sacrum, sternum, shoulder blades, ribs and neck.

Workshop: Fluidity in Tai Chi forms

Room: Online (June 13) Day and Time: Saturday 11:20 - 11:50 AM

We will explore how to make each part of the body fluid during form practice, examining the anatomical and behavioral reasons for stiffness, including muscles, joints, fascia and how to eliminate the behavioral programming that keeps us disconnected.



Laoshi Simone Kraus

Simone Kraus studied under Master Jou the first year Tai Chi Farm opened in Warwick NY. She was involved with the first 3 years of the Chang Fen Seng festival there. She was part of the early days of the farm creating the workout areas and refurbishing of the Chang Building. Her time studying under Master Jou laid the foundation to the other martial arts she studied after leaving the farm in 1988. She returned to study under Bruce LaCarubba at Taichi Park in 2020 and there learned Master Jou's refinement of silk reeling.

Workshop: The SpiralPath: Legacy, Geometry & Power in Silk-Reeling

Room: Lodge Ground Floor

Day and Time: Saturday 2:00 - 2:45 PM

Chansujin: Fluid, Whole-Body Power from Tai Chi Farm. These exercises involve continuous, spiral movements utilizing the whole body. I was taught this by my teacher, Master Jou.



Laoshi Harry Legg

There's a good chance you have heard Harry - he has voiced for NBC Sports and is heard on Radio & TV stations around the world. He is the Founder of New Jersey Tai Chi and teaches Clear Style Tai Chi Chuan, Qigong, Nei Kung, Clear Internal Push Hands, and Self-Defense at his Verona, NJ studio. He is an advanced Fa Kung energy healing practitioner and also teaches corporate wellness programs. Harry is a Senior Instructor and the NJ / NYC Regional Organizer for Clear Tai Chi. Harry also holds a black belt ranking in the Body Mind Studios system of 8 Martial Arts.

Workshop: Awakening the Internal Engine: Drills for Contraction, Expansion, and Spirals

Room: Online (June 13)

Day and Time: Saturday 9:00 - 9:30 AM

We will bridge the gap between physical movement and internal power. We will explore the fundamental mechanics of internal energy, focusing specifically on the dynamics of contraction and expansion, as well as the generation of spirals.



Laoshi Violet Li

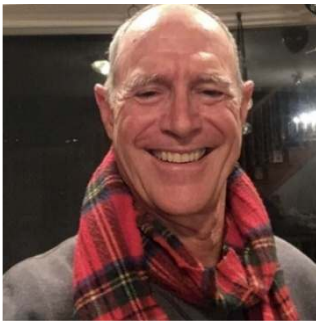
12th Generation Chen Inheritor and an indoor disciple of Grandmaster Chen Zhenglei and trained many Tai Chi & Qigong instructors Taught and performed the healing art to universities, hospitals, large corporations, health institutes, gyms, health retreats, museums and senior centers in many US cities as well as overseas Interviewed by Planet China and selected as one of Top 12 Chinese Women in the world in 2022 One of the Top Five Presenters at Global Qigong Summit hosted by the Shift Network Founder of "Free Daily Online Tai Chi & Qigong Lessons with Violet & Friends" with viewers from over 30 countries

"Best Reporter" honored by the "World Congress of Tai Chi, Qigong & TCM" and "Tai Chi Gala". Written more than 700 articles mostly in English and some in Chinese to bring the awareness of Tai Chi/Qigong to the world. Publisher of <http://www.VioletLiTaiChi.com>, top ten Tai Chi site with global readership Interviewed by "National Public Radio in Columbia"(MO) Featured on "Show Me St. Louis"(KSDK) and CBS

Workshop: Tai Chi Walk

Room: Online (June 13) Day and Time: Saturday 10:45 - 11:15 AM

Master Violet Li will demonstrate the correct Tai Chi walking methods and explain how it can enhance balance, relaxation, and overall health.



Laoshi John Loupos

Sifu John Loupos, M.S.Psych, C.H.S.E., began studying martial arts in 1966. At the unlikely age of 15 John inherited a school of his own and has been teaching martial arts ever since. His studies have included; Okinawan Karate, Chinese Kung Fu (Bak Sil Lum, Choy Lay Fut, and Praying Mantis), Yang style Tai Chi Chuan, Liu He Ba Fa, Xingyi, and Bagua, along with various Qigong and energy oriented disciplines. With over fifty 1st Place championships John was the reigning N.E. Forms Champion from 1979-1981. John also has a background in Classical Homeopathy and currently maintains a private clinical practice in Hanna Somatics. He serves on the Board of Directors for the Association for Hanna Somatic Education. John has authored multiple books, including several on Tai Chi, as well as assorted other media. In 2012 John was named a Master Tai Chi Consultant by the lead Tai Chi Researcher for Harvard Medical School and Brigham and Women's Hospital for his contributions to ongoing research. John currently lives by the shore in Hull, Massachusetts. Outside of martial arts and health care his other passions include; tennis, ping pong, swimming, writing, and organic gardening.

Workshop: Your Tai Chi Knees: How to Protect Them and Use Them to Your Best Tai Chi Advantage

Room: Online (June 13) Day and Time: Saturday 12:50 - 1:20 PM

Tai Chi is supposed to be good for your knees, but only if you use them in the correct way. Join John Loupos for a Zoom session this year as he guides Tai Chi'ers in the subtle intricacies of proper knee positioning, both stationary and dynamic.



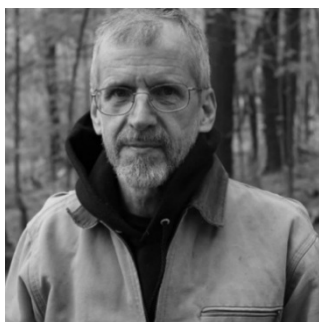
Laoshi Stephen Watson

Stephen Watson has immersed himself in Eastern philosophy for over 35 years. Taoism, the philosophical root of Taiji, is made clearer in a moment with Stephen than in poring over dozens of translations from the Classics. Stephen's martial training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough Why's you have Wise. He specializes in transmitting a profound understanding of why. Ask a question and he will show you that you already know why. There are no hidden treasures only closed eyes. Stephen is has been featured in Inside Kung-Fu magazine and is known the world over for his engaging personality, kind-hearted approach to teaching and, of course, his world-class skill. Stephen travels the world offering workshops on various Chinese martial arts. Stephen Watson is the only person to compete in, referee at, and teach at martial arts tournaments for every umbrella organization at their national level. He is an International, 18-time US, and now World Champion in Taiji Push Hands. He operates a small martial arts school in Connecticut where he hosts masters from far and yon. His teachers include every person he has ever met. Come be his next teacher.

Workshop: Discover the Soft Way of Zen Work

Room: Online (June 13) Day and Time: Saturday 3:45 - 4:15 PM

Discover the Soft Way of Zen Work, a comprehensive movement routine led by Stephen Watson of SomedayFarm.org. This internal exercise system, rooted in the meditative martial arts of Tai Chi, emphasizes softness, continuity, and breath regulation.



Laoshi Bruce McCarter

Bruce is the founding teacher at Swimming In Air T'ai-Chi. He began his study of T'ai-Chi Chuan in college (1979) while doing a combined major in dance, exercise science, and psychology. Bruce broke his back at age 15 which has resulted in a life time of chronic pain, but the silver lining has been that it led him to T'ai-Chi and many other movement arts. His main teachers, in order, have been: Paul Gallagher (1979-'82), Dr Leung Kay-Chi (1982-'92), Master Harn Lin Lin, and, more recently, Great Grand Master William C.C. Chen (2017-present). During his 10 years of study with Leung Kay-Chi Bruce learned Chen Style, Yang Style, Chin-na, Northern Shaolin Long Fist (including weapons), and Pa Gua. Other teachers have included Master TT Liang (briefly), Jonathan Russell, Masters Stephen Asherman, Alex Hing, David Alexander, Dr Yang Jwing Ming, Sifu Ilona Bito, Terry Dunn, Marc Sabin, and others. Bruce was certified as a sifu by Master Chen in 2022, and in 2025 Master Chen gave Bruce his diploma, recognizing him as a master. He teaches Yang Style Short Form, Long Form, Sword (form and fencing), pushing hands, applications, and boxing. Bruce started studying Buddhism in 1982 and was authorized to teach in the Sakya lineage of Tibetan Buddhism in 2001 by His Holiness Sakya Gongma Trichen. He is the founder of The Ahimsa Institute for Buddhist Studies, and is the resident teacher at the Pittsfield UU Meditation Sangha. Bruce has a MA in Dance/Movement Therapy and doctorate (Psy.D.) in clinical psychology. Bruce lives and teaches in the Great Barrington area of the southern Berkshires.

Workshop: Yang Style Applications in William Chen's Tradition

Room: Lodge Lounge

Day and Time: Saturday 11:00 - 11:45 AM

We will explore general principles and specific techniques as emphasized in the teachings of William C.C. Chen. Some of these are emphasized in form practice while others are more specific to pushing hands (tui shou), and boxing (san shou).



Ramsey Yunan

Sifu Ramsey Yunan has been training martial arts for over 40 years and teaching for the last 25. His arts include Yang Style Taijiquan, Baguazhang and Hsing-I Chuan as well as Kuntao, Silat, Cimande, Black Dragon, Mantis and Monkey Kung Fu. His teachers include Willem de Thouars, Don Ethan Miller, Bruce Walker, Duan Zhi Liang, Waysun Liao, William C.C. Chen, Jou Tsung Hwa and Sydney Austin. He is a multi-time national push hands champion in several weight classes and now coaches for taiji competition. His current teaching focus is on Old-Hand Taiji and Kung Fu training methods.

Workshop: Expanding and Contracting: Finding the Yin and Yang in Qigong, Tai Chi, and Pushing Hands

Room: Community Room

Day and Time: Saturday 11:00 - 11:45 AM

Many writings about Tai Chi Chuan and Qigong discuss expanding and contracting, but how are they practically developed and used in qigong and push hands? We will describe the physical mechanics, develop these skills and use them in everyday practice.



Laoshi Alan Remde

Alan Remde MD is a clinician-researcher in Mind/body medicine. He is faculty and Research Director at SLUHN Family Practice residency – Warren in Phillipsburg, NJ and is board certified in Family, Integrative and Sports medicine. He is a certified medical acupuncturist and has 40 years' experience as a student of Tai Chi. He studies under Susanna DeRosa of Inner Space Tai chi.

Workshop: Tai Chi and Autonomic nervous system balance – a key to happiness and health

Room: Community Room Day and Time: Saturday 3:00 - 3:45 PM

Meditation, Qigong and Tai Chi practice to optimize our ANS. Includes direct practice & handout with self care resources



Laoshi CJ Rhoads

Dr. CJ Rhoads has been a pillar of the Tai Chi community for many years. She started studying T'ai Chi Ch'uan (Taijiquan) almost thirty years ago, and has been involved in all aspects of the martial art and integrative health practice. Rhoads has studied with the following teachers (in alphabetical order) each between four and ten years: Betsy Chapman, Sara Gellhorn, Janet Louise, Rick Marth, Maggie Newman, and Yang Yang. She has also traveled extensively to attend Tai Chi workshops and camps with some of the world's foremost experts including: Li Deyin, Ben Lo, Nick Gracenin, Ma Hailong., Yang Jwing

Ming, Wolf Lowenthal, Zeng Nailiang, David Chen, William CC Chen, Bill Phillips, Jou Tsung Hwa, Peter Warr, Wu Wenhan, Wu Kwong Yu, Sun Yongtian, Cheng Xianhao, Yang Zhenduo, Chen Zhenglei, Steve Higgins, and many others. She has been running her own Tai Chi Festivals and Symposiums since 2002. Rhoads is one of the founding members of the Taijiquan Enthusiasts Organization, a worldwide virtual organization of health and martial arts players and advocates dedicated to spreading the health benefits to everyone, now a program of Health, Prosperity, and Leadership (HPL) Institute. She works closely with Bill Douglas and Angela Wong, founders of World Tai Chi and Qigong Day and board members for HPL Institute.

Workshop: Beginning Fan Form

Room: Lodge Ground Floor. Day and Time: Saturday 4:00 - 4:45 PM

Learn a simple beginning fan form that informs and expands your empty hand Tai Chi and Qigong forms.

Maggie Newman Legacy Panel

Room: Online (June 13). Day and Time: Saturday 10:10 - 10:40 AM

Maggie Newman was one of Professor Cheng Man-Ching's six pillars - one of the six students to teach in his New York school, and who took over after he passed away. This panel of students and cohorts will talk about her legacy.

Pain Freeing Qigong

Room: Online (June 13). Day and Time: Saturday 2:35 - 3:05 PM

The pain freeing qigong has two parts: lowering pain and understanding pain.

State of the Evidence: Research into TCQ

Room: Online (June 13). Day and Time: Saturday 9:35 - 10:05 AM

This session will be a short report on the State of the Evidence that was presented at the Science of Tai Chi & Qigong: Whole Person Health Conference held at Harvard Medical School by the Osher Integrative Health Center.



Laoshi David Ritchie

Sifu David Ritchie began training in the martial arts in 1969. His first taijiquan (tai chi chuan) instructor, Master Ben Wong, invited him as a special guest to join the Sabah Tai Chi Association of Sabah, East Malaysia. In Sabah, Sf. Ritchie's instructor was Master Wong Li Sung, under Grandmaster Huang Xing Xian, who was a senior disciple of Grandmaster Cheng Man Ching. Sf. Ritchie then studied under Master Wong Yi in Hong Kong, the Thai Elders (former Cheng Man Ching students) in Bangkok, Thailand and throughout the years with well-known masters in the US. Sf. Ritchie has formally been teaching taijiquan since 1983, and founded Central Connecticut Tai Chi Chuan (CCTCC) in Meriden, CT in 1989. This was the first taijiquan school in New England to offer complete year-round taijiquan programs with 10 instructors and over a dozen classes each week. Sf. Ritchie has also taught taijiquan in several corporate settings such as ESPN, the Ntl. Arthritis Foundation and the Ntl. MS Society of CT. Sf. Ritchie was an assistant professor at Quinnipiac University where he taught taijiquan in the PE dept., and medical qigong lab for students in the Dept. of Health Sciences.

Workshop: Expanding Your Qi Awareness

Room: Lodge Lounge

Day and Time: Saturday 9:00 - 9:45 AM

Qi is the life force found in all things. Being able to sense qi in yourself and others is an important goal towards advancing one's taiji practice. We will learn effective techniques to help you expand your awareness of qi.



Laoshi Marc Sabin

Marc Sabin practices and teaches Taijiquan and Push Hands as a body/mind/spiritual practice. His studies began 1976 as part of a professional acting program. Before focusing solely on Taiji, Marc earned two black belts. He was awarded one in Chinese Kempo and another in Chu'an Fa. He also earned an Advanced Degree diploma in Filipino Escrima from Angel Cabales. His research into the principles and applications of Yang and Chen styles of Taiji, plus his extensive explorations in the dynamics of Push Hands and meditation, have guided Marc's approach to the depths and intricacies of the art. Marc had the good fortune of living in the San Francisco Bay Area, where he spent years studying under several extraordinary teachers.

Workshop: Tai Chi Principles Q&A

Room: Pavilion

Day and Time: Saturday 6:00 - 7:15 AM

The early morning session will explore the fundamentals of structure (Peng) and release (Soong) in the form and applications of Tai Chi.

Tai Chi Principles Q&A

Room: Pavilion

Day and Time: Sunday 6:00 - 7:15 AM

The early morning session will explore the fundamentals of structure (Peng) and release (Soong) in the form and applications of Tai Chi.

The Way of Harmony: Peaceful Push Hands Workshop

Room: Lodge Ground Floor

Day and Time: Saturday 10:00 - 10:45 AM

For participants of all levels. We will explore the transformative power of non-competitive Push Hands. No previous experience in Taiji is required - just an open mind, a willingness to learn, & a spirit of curiosity.



Jennifer Steffener

Jennifer Steffener graduated from the Somerset School of Massage Therapy in 1996. She is a Licensed Massage Therapist and a member of the American Massage Therapy Association. She has advanced training in a variety of massage techniques and has been involved in the fitness and holistic services since 1990. She customizes her massage therapy sessions and uses a combination of Swedish, Neuromuscular Therapy, Myofascial, Sports and Stretching Techniques, Reflexology, Chinese Massage, Shiatsu, Manual Lymph Drainage, Consulting and After Care to uniquely fit the therapeutic needs of each client. Jennifer has over 21 years of therapeutic massage experience with a variety of clients of all ages and health concerns. She is an accomplished Tai Chi instructor and a senior student of the late Grandmaster Jou, Tsung Hwa. Jennifer was so inspired by Master Jou, she moved to the Tai Chi Farm in Warwick, NY to study full time with him in Chen style tai chi. At his encouragement, she began teaching and assisting with classes and events in 1994. Jennifer is a Certified Tai Chi, Qi Gong, and Meditation Instructor. Her classes focus on the health, longevity, and prevention benefits of Tai Chi. Jennifer teaches Tai Chi as a life art and believes when you incorporate it's simple yet powerful principles into all aspects of your daily activities you can enhance the quality of your life.

Workshop: Awakening Your Qi with Meridian Massage and Acupressure

Room: Lodge Lounge

Day and Time: Saturday 4:00 - 4:45 PM

Enhance your practice with this workshop exploring tapping, meridian self-massage, and acupressure. Learn how body tapping, energy pathway stimulation, and key acupoints can help awaken Qi, release tension, improve circulation, and deepen relaxation.



Laoshi David Vanadia

David developed his fun and friendly teaching style in gyms, health clubs, wellness studios, retail stores, acupuncture clinics, corporate settings, and in 55+ communities on the east and west coast. He's taught people of all ages, and has extensive experience working with senior citizens. As someone who suffers from OCD (and recently had a health scare), David is especially interested in discovering new ways to employ Tai Chi to improve the lives of everyday people to cope with neurodiversity, physical challenges, and the weight of the world.

Workshop: Tai Chi Walking x10

Room: Lodge Ground Floor

Day and Time: Saturday 3:00 - 3:45 PM

Inspired by a NY Times article about Ai-generated YouTube ads for "Tai Chi Walking," we'll practice ten different types of actual Tai Chi walking exercises that can help improve your fitness, flow, and form—no matter what style of Tai Chi you practice.

Appendix B: About Tai Chi & Qigong Push Hands and the Benefits Thereof

Most (if not all!) of the organizers and presenters of this event have been practicing Tai Chi and Qigong for many years, and each personally gets a great deal of benefit from the frequent practice of Tai Chi and Qigong. But our Festival is also for the complete newcomer. If you are new to the art, here is some introductory material on what it is all about.

What is Tai Chi, Qigong, Push Hands, and More

Tai Chi, T'ai Chi Ch'uan, or Taijiquan, is a martial art that started in China. While the long and esoteric path of the history is beyond the scope of this document, suffice to note that in the 60's and 70's several well-known practitioners of this art spread beyond the borders of China into other countries, including the United States. Today, there are five well-known "family styles" of Tai Chi; *Chen, Yang, Sun, Wu, and Wu Hao*. Each style has a formalized student-teacher structure, with a "lineage holder" who teaches the family "forms" (very specific movements that are memorized and performed to exacting specifications designed on for self-defense and based on the principles). To those who have practiced Tai Chi for many years, the styles are recognizably different. Family forms may be open hand or weapon-based (fan, sword, staff, etc.) However, there are also many hundreds of other styles, either deriving from one of the original five family styles, developed by a committee, or developed independently.

Also started in ancient China was Qigong or Chi Kung; an "energy exercise", not necessarily based on a martial art. It combines deep breathing, focused intention, and slow repetitive movements. To most, Tai Chi is a subset of the overarching category of Qigong. (To a few, Qigong is a "warm up" for Tai Chi, and to others it is a healing practice not associated with the martial art. There is much controversy around this relationship, unfortunately.)

Tai Chi also encompasses the practice of Push Hands, also known as Sensing Hands. After students learn the Tai Chi Form, to "test" their ability to sense the center of their opponent, the students work together in drills, taking turns in applying the different techniques. You may note that people who enjoy doing this activity will gather together and do push hands at the drop of a hat. When pushing hands with someone, always make sure that your partner knows your level of play so that more experienced players can be gentle with less experienced players. Thoughtful experienced players will provide the same "attack" 4 or 5 times in a row for less experienced players (without saying a word) so that they can figure out a way to neutralize the attack on their own.

More on the Etiquette of Push Hands Meets

Push hands is a two-person cooperative activity where each person tries to unbalance the other without getting unbalanced themselves. Push hands is supposed to demonstrate that soft overcomes hard, and slow overcomes fast, so to use "strength" or "jab" is not playing push hands well, but rather showing poor skill. The movements performed in the tai chi forms are "tested" in the push hands environment.

There are "push hands forms" that people can learn to develop the skills necessary to do "freestyle push hands". Notice that even freestyle push hands is not truly limitless. In competition, there are strict rules for push hands which include no grabbing, no touching of the face or legs. There is also "fixed step" push hands where neither person may move their feet, or "restricted step" push hands where people can move their feet one at a time, but not cross over (i.e. the foot in front must stay in front and the foot in back must stay in back). Generally most meets utilize only fixed step push hands.

Push hands meets are "meet-ups", not competitions or workshops. They are not designed to teach push hands. It is poor etiquette to try and "teach" someone how to do push hands (or improve their push hands technique) during a push hands meet. If you are an experienced player, and you feel that someone would benefit and they are interested in your help, arrange to get together with them at another time.

(Consider also that just because someone is pleasant about it doesn't necessarily mean they appreciate your help at this time.)

It is also poor push hands etiquette to push with the same person for a long period of time. Generally, the idea at a push hands meet is to push with a large variety of people. Some push hands meets actually ring a bell or have some other method of having everyone "switch" so they can push with other partners. Others just leave it up to the individual people. You don't need to give a reason for wanting to move on - just thank your partner and either sit down or find someone else to push with.

If you are new to push hands, tell your partner this. They should be willing to push with you and moderate their methods so that instead of full-out freestyle push hands, they will do a cooperative two-person push hands drill so that you can practice the basic techniques. If you don't know the two-person push hands drill, find Jill Basso or CJ Rhoads and they will show you how to do it.

Finally, the only strong emotion that should be involved in push hands meets is joy and happiness. Laughter is common. There is no cause for anger or resentment, so if you are feeling these negative emotions, please refrain from continuing. It might be a good time to take a break.

Benefits of Tai Chi

Those of us who practice Tai Chi can't understand why everyone in the whole world doesn't do it every day. It's hard to know where to begin, because the benefits are so numerous. To start with, there are benefits such as "it looks cool", and "it's fun to do". Tai Chi can also be applied as a practical and effective system of self defense. And you can compete in national and international tournaments and competitions if you are so inclined. But the biggest benefits of practicing Tai Chi every day comes from the health-side effects of the practice. Basically, it can have a powerful impact on the mind and body, and there are many documented cases and a lot of research that supports its ability to improve health.



Mayo Clinic recommends Tai Chi. They have produced many studies on the benefits, and have stated: *Preliminary evidence suggests that tai chi may offer numerous benefits beyond stress reduction, including:*

- *Reducing anxiety and depression*
- *Improving balance, flexibility and muscle strength*
- *Reducing falls in older adults*
- *Improving sleep quality*
- *Lowering blood pressure*
- *Improving cardiovascular fitness in older adult*
- *Relieving chronic pain*
- *Increasing energy, endurance and agility*
- *Improving overall feelings of well-being*

Harvard Medical School recommends Tai Chi: "A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life. According to the Harvard Medical Newsletter, Tai Chi can prevent or ease many ills of aging such as joint and muscle pain, cognitive decline, difficulty in sleeping, trouble with balance, labored breathing, weak heart and many others. Tai Chi often described as "meditation in motion," but they say it might well be called "medication in motion." Tai chi is the perfect activity for the rest of your life.

Proven benefits include:

- Greater stamina and vitality
- Reduced stress
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Enhanced sleep
- Enhanced immune system
- Lower blood pressure
- Prevention and easing of shingles pain
- Greater awareness, calmness, and overall sense of well being
- Improved strength, conditioning, coordination, and flexibility
- Prevention and easing of fibromyalgia pain
- Improved cardiovascular, respiratory, circulatory, lymphatic, and digestive function



Taiji/Taijiquan/Tai Chi/Tai Chi Chuan/Qigong/Chi Kung and Titles

One of the points of confusion is the fact that the Chinese language does not have letters, but has pictograms. In the sixties, the method of transliteration (converting pictograms to letters) was called Wade-Giles. In that method, the Chinese words are T'ai Chi Ch'uan and Chi kung. In the eighties a different method of transliteration, Pinyin, was used. In that method, the Chinese words are Taijiquan and Qigong. All of this is very confusing (at least it was to me!). In order to make the whole thing easier for people to understand and the scientific community to obtain evidence, in research we often use Tai Chi to mean both Taijiquan and Qigong. You will note many of the healthful practices called Tai Chi (such as Tai Chi Easy, Tai Chi Fit, and Tai Chi Chih) are actually Qigong forms; not necessarily based on one of the five family's martial art. Most recently, the Osher Center (Harvard Medical School) utilizes the acronym TCQ for Tai Chi & Qigong.

Another point of confusion in this umbrella world of integrative health is what to call the teacher. There are many terms that could be used; Master, Teacher, Professor, Sifu, Sigue, Shifu, Guru, Dr., Coach, Leader, God, Goddess, (okay, those last two don't really belong. <joke>). In the world of Tai Chi and Martial Arts, Sifu is most often used, but that is a term often reserved for a student for his or her actual teacher. In other words, you can call your own teacher Sifu but you wouldn't want to call a workshop leader Sifu because they are not **your** regular teacher.

Laoshi, on the other hand, is a term that simply means "honored teacher", so we often use that term for those who are doing workshops and presentations. Feel free to simply say "Lao shi" (which is pronounced "lou shur") when addressing any of those who are leading the workshops and giving presentations, especially if you don't know their preferred title.

Appendix C: More About Zoom

Many people are already familiar with Zoom and don't need this section. Some don't know Zoom at all, or have only ever watched things on Zoom and never *participated* before. This section is for those people who would like to know a little more about how to get the most out of a Zoom session.

Lighting and Space

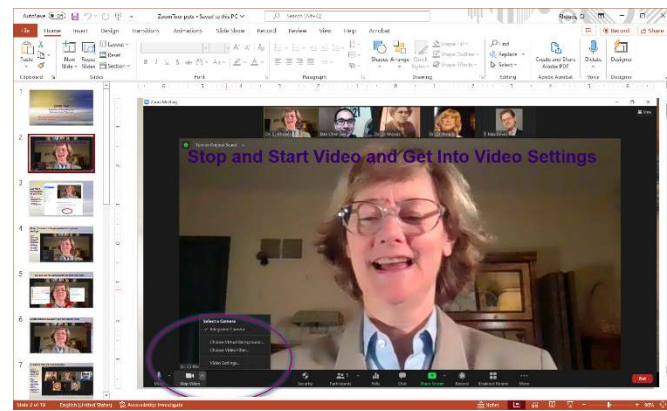
You may want to make sure there is plenty of light on the front of your face (and little to none at the back). It works best to be *in front of* a window. If the window is behind you, people will not be able to see you and will only see a silhouette. Also, if you want to ask questions, make sure your microphone works. You can test it by going into the microphone settings (the arrowy-thing next to the little microphone icon at the bottom of your computer screen). If you are doing a workshop, you may also want to be in a space where you can stand up and follow along with the activities. Participating means participating – it's not as much fun to just sit and watch.

You can come and go as you please. Either leave the zoom link and return later, or just turn off your video. There may be times during or at the end of the workshop when you may ask questions. If you are not familiar with how to use zoom, please review the zoom information in the next section.

Using Zoom Controls

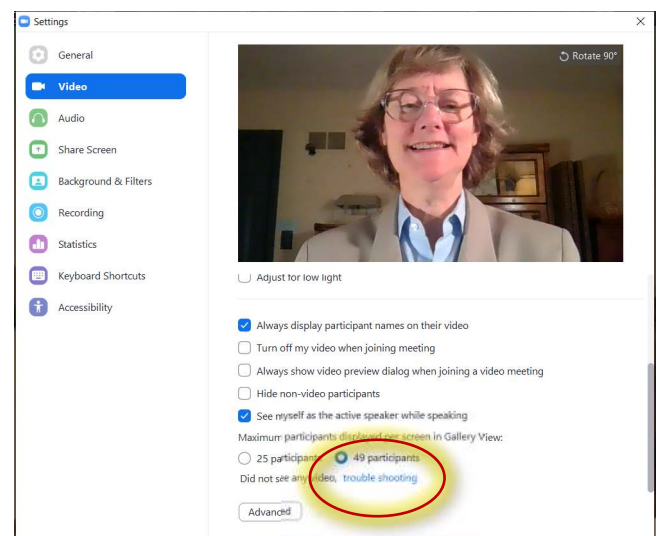
While zoom appears very simple (after installing the app, you just click on the link sent) there are many things that might be helpful to know about how it works when you are attending a zoom workshop. (These instructions are for PCs and MACs only. Phones and I pads don't have the same capabilities.)

First, you can turn on and off your camera. Generally if you have enough bandwidth, you should leave your camera on. It helps the workshop leader to see that you are participating.

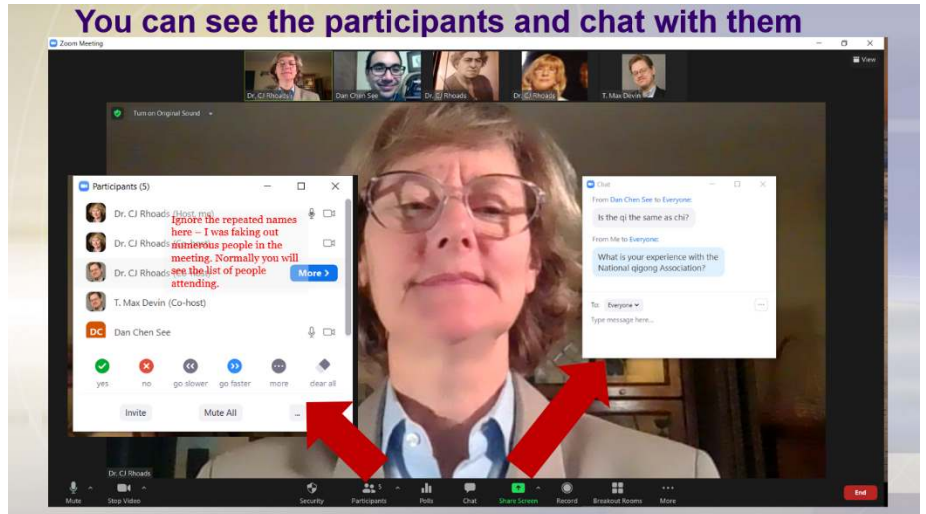


If you go into your video settings, you can also change the number of people you see in Gallery mode so that you are not as limited. There are also lots of other options that you may wish to change based upon your own preference.

Another important setting to know about is muting.



You can also see who else is on the zoom call as well as chat with them. You can get to these windows by clicking on the Participants and the Chat icons at the bottom of your Zoom screen. If you don't see them, just hover over the bottom of the zoom window with your mouse and they should appear. You can close the windows again by clicking on the X in the upper right corner. You can also move them around the screen so you can move them out of your way. You can chat with everyone or just the hosts. During the workshop, the chat will be set so that you can only chat with hosts so that chatting doesn't interfere with the workshop leader's presentation.



You can get to gallery mode to see everyone by clicking on View in the upper right corner of the Window. You can also switch to and from Fullscreen there. Switch back to Speaker view to see the speaker in the big window again.

Switch between Speaker View and Gallery View



In Gallery View you see everyone

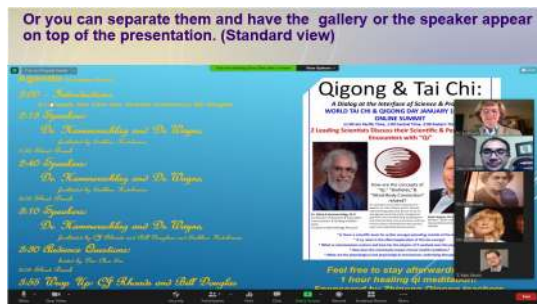


When a presentation is on, you can see the presentation and the speaker.



If a presentation is on, you can still switch to gallery mode and see more than one person.





As I noted, these options are only available with a PC or Mac. On a phone or Ipad, the options are different and there aren't as many features. On a phone gallery is limited to 4 and on an Ipad it is limited to 16. To bring up the controls you touch your screen, but then it will take you to completely different screen to chat or see the participants.



Next year - don't forget:

- Put the first weekend in June in your calendar in perpetuity. We plan to do this annually the first weekend of June.
- Register online - and early.
- Think about sponsoring! We always need sponsors.
- Get a promocode from the sponsors for \$50 off a full Festival ticket.
- Plan to do a demo on Saturday night. Everyone is invited to do a short demo.
- Bring fans and swords and other accessories (rulers, balls, bangs, dowels, etc.) for workshops and demos.