

Wellness Grand Rounds Presented by Employee Wellness

WHAT
**Taiji & Qigong: A
Multidimensional
Approach to Wellbeing**

WHO
Yang Yang, Ph.D.

WHEN
**Thursday, November 10,
2011, Noon to 1 p.m.**

WHERE
Lerner, NA1-138

HOW TO ENROLL
No registration necessary

- For thousands of years the Chinese have believed that a multidimensional approach, including nourishment of physical, mental, and spiritual health, is necessary for wellbeing.
- Dr. Yang will:
 - explain essential components of traditional Taiji and Qigong practice
 - summarize research findings to date and limitations of existing research
 - address potential directions for future research, and
 - present his own findings on the multidimensional benefits of these practices.
- This will be an interactive presentation, and attendees will learn and experience simple static and dynamic Qigong exercises.

Yang Yang trained in China under the 18th generation grandmasters of the Chen style of Taiji, Master Yang was a three-time Taiji champion at the Shanghai collegiate tournament and former instructor at the Shanghai Chen Style Taiji research association. Master Yang completed a doctorate degree in kinesiology at the University of Illinois. His research focuses directly on the mechanisms and benefits of traditional Taiji/Qigong. Yang's detailed study of Taiji/Qigong from these commanding points of view enable him to clarify and/or demystify what are often obscure points of theory and practice and to serve as a bridge between the Eastern/traditional and Western/academic fields. He is author of *Taijquan: The Art of Nurturing*, *The Science of Power* and is currently the Director of the Center for Taiji & Qigong Studies, New York, NY.

