



Introduction to Evidence-Based Taiji™ & Qigong

Nurturing Our Mind, Body & Spirit

Yang Yang, PhD

September 23–25

Weekend Workshop

Arrive: Friday

Begin: Friday at 8 p.m.

End: Sunday at noon

2011

Developed by taiji and qigong master Yang Yang, Evidence-Based Taiji™ & Qigong is a combination of essential components of traditional taiji and qigong proven to yield the most benefit in the shortest amount of time.

Guided by master Yang Yang in lecture, hands-on exercises, and two-person practices, we learn foundational exercises of traditional taiji and qigong, including static qigong (standing, sitting, and lying-down meditation), dynamic qigong exercises, and select taiji form movements. We also practice traditional stances and finding our energetic center through dance and expressive movement. These practices are fundamental to nurturing our energy and understanding our mind and body connection. They also enhance our well-being, tranquility, and positive thinking in daily life.

Absolute beginners and long-time practitioners benefit equally as master Yang Yang shares the essence of traditional practice that is absent in many Westernized forms of taiji and qigong.

✔ **Brent Bauer, MD, a clinician and researcher in complementary and alternative medicine at the Mayo Clinic, will lead an optional evening lecture on the importance of mind-body medicine. Recommended reading: Yang, *Taijiquan*. Participation in this workshop counts toward instructor certification in Yang Yang's Evidence-Based Taiji Teacher™ Certification program.**

Yang Yang, PhD, is the author of *Taijiquan: The Art of Nurturing, The Science of Power*. A traditionally trained taiji and qigong master, he is director of the Center for Taiji and Qigong Studies in New York City and Champaign, Illinois. Master Yang Yang is also adjunct faculty of kinesiology at the University of Illinois. centerfortaiji.com



Brent Bauer, MD, is board-certified in internal medicine and has been on staff at the Mayo Clinic for 18 years. He is currently collaborating on more than 20 studies evaluating complementary and alternative medicine therapies ranging from acupuncture to valerian. His work is at the forefront of integrative medicine, which combines conventional medicine with evidence-based complementary therapies.

Course 4902-565/Tuition \$350
register online at eOmega.org or call **800.944.1001**

OMEGA

150 Lake Drive • Rhinebeck, New York 12572

 Join the eOmega Community

 Follow Us