



# Evidence-Based Taiji™ & Qigong Immersion

Nurturing Our Mind, Body & Spirit **PT** Professional Training

## Yang Yang, PhD

June 19–24

5-Day Workshop  
Arrive: Sunday  
Begin: Monday at 9 a.m.  
End: Friday at noon

2011

This 5-day immersion allows for a deeper exploration and practice of Evidence-Based Taiji™ and Qigong with Master Yang Yang. Beginners and long-time practitioners benefit equally as master Yang Yang shares the essence of traditional practice and its importance in contemporary mind-body medicine. Special guest lecturers include Mary Jurisson, MD, from the Mayo Clinic, who will speak about the benefits of this practice for those with arthritis and rheumatic conditions, and Esther M. Sternberg, MD, a leading expert in mind-body research, who will talk about the science of stress and illness and how mind-body practices can help.

✔ See [eOmega.org](http://eOmega.org) for more information. \$100 materials fee; include when you register.

*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](http://centerfortaiji.com)*

Course 2205-564/Tuition \$595  
register online at [eOmega.org](http://eOmega.org) or call **800.944.1001**

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