



Introduction to Evidence-Based Taiji™ & Qigong

Nurturing Our Mind, Body & Spirit

Master Yang Yang, PhD

About the training



An approach developed by Taiji (T'ai Chi) and Qigong Master Yang Yang, "Evidence-Based Taiji™ & Qigong" combines the core exercises of traditional Taiji and Qigong proven to yield the greatest health benefit in the shortest amount of time. Guided by Master Yang Yang, 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. 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. Such an approach is particularly well suited to addressing and preventing back, shoulder and neck pain; dealing with insomnia; building our core strength; improving our posture; nurturing, boosting and circulating our internal energy; and producing deep states of relaxation.

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.

Class structure: Monthly.

Time: 9am-12pm

Location: First Parish Church, 3 Church Street (Harvard Square) Cambridge MA 02138. Nearest T-stop Harvard Sq.

Dates: Saturday 19th March, Saturday 2nd April, Saturday 7th May & Saturday 4th June (additional dates to follow)

Tuition: \$300 for all 4 classes, \$90 per class, drop-in

Contact info: Any questions please contact Master Yang Yang (yangyangtaiji@gmail.com) or the host of the event – Dr Joe McCarron (joemccarron@mac.com)

Registration: Full payment of \$300 or payment of \$90 for the first session ***in advance*** will secure a place (number of places is limited, first come first served). Checks should be made payable to Yang Yang and mailed c/o Joe McCarron, 26 Maple Ave, Cambridge MA 02139

About Master Yang Yang

Yang Yang, Ph.D. is one of the few individuals who is recognized within the traditional Taiji and Qigong community as a master practitioner/instructor and is also an academic researcher interested in applying the highest standards of the Western scientific process to explore and promote evidence-based Eastern philosophy and healing/nurturing arts.

He is author of the highly acclaimed book "*Taijiquan: The Art of Nurturing, The Science of Power*", and in 2006 was honored as the "Qigong Master of the Year" at the 9th World Congress on Qigong and Traditional Chinese Medicine. Yang trained in China under several of the 18th generation grandmasters of the Chen style - Chen Zhaokui, Gu Liuxin, and Feng Zhiqiang. He was a three-time Taiji champion at the Shanghai collegiate tournament and former instructor at the Shanghai Chen Style Taiji research association.

To understand the power and mechanics of Taiji and Qigong beyond traditional explanatory frameworks, Master Yang completed a doctorate degree in kinesiology at the University of Illinois, where he remains as an adjunct faculty. His research focuses directly on the mechanisms and benefits of traditional Taiji/Qigong, and he has published several scientific papers in peer-reviewed journals. Yang's detailed study of Taiji/Qigong from these commanding points of view - as a master practitioner and as a scientific researcher – uniquely 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. His traditional training also allowed him to distill the essence of various aspects of traditional Taiji training into an evidence-based program suitable for persons of all ages and physical abilities.

Dr. Yang is currently the Director of the Center for Taiji and Qigong Studies (www.centerfortaiji.com) in New York City.