

Taoist Healing Arts Fair



Sunday January 29 ♦ Year of the Dragon 2012 ♦ 2 pm to 8 pm

Upper Level / Balcony
Conference Room

Workshops

- 2 pm Eunmi Han ..Change Your Breath, Change Your Health**
Taoist yoga instructor and respiratory therapist, Eunmi Han, explores the ways in which meditative breathing promotes better health and vitality. By practicing deep breathing, meditators can strengthen their nervous systems, internal organs and increase oxygen exchange in the lungs and blood.
Eunmi studied at Manchester Community College's Respiratory Care Program in 2009 attaining an Associate's Degree in Allied Health Science. She has been teaching SunDo-Taoist Yoga & Breath Meditation for seven years.
- 3 pm Master Hyunmoon Kim ..Natural Breathing: The Taoist Way of Enlightenment**
Join Taoist Master Hyunmoon Kim to discover how Taoist breathwork improves emotional health and leads us toward our spiritual dimension. Deep meditative breathing affects our core navel chakra which stabilizes emotions and creates spiritual connections in personal life, work, family, community and nature.
Master Kim is one of a handful of master teachers trained by Taoist hermits from the mountains of Korea, a Professor of SunDo-Taoist Studies at Hanseo University in South Korea, and a Ph.D. graduate of Philosophy in Human Science.
- 4 pm Dr. Ming Wu ..Tui Na Massage for Family & Friends**
Doctor of Traditional Chinese Medicine, Ming Wu, teaches students to use basic Tui Na hand techniques to give basic but effective massage to others. Tui Na directly affects the flow of energy by pressing the body at acupressure points and is designed to prevent problems, as well as correct them.
Dr. Ming Wu, Ph.D. holds a doctorate in Traditional Chinese Medicine and is director of Wu Healing Center. After teaching in his native China, he came to the US and now also teaches both Tui Na & Qi Gong healing arts.
- 5 pm Erik Harris ..Qi Gong for Healthy Weight Loss**
Teacher Erik Harris shows how Pi Gu, a type of Qi Gong, can shrink the stomach to prevent hunger and stop food addictions for more effective weight management. When practicing Pi Gu, a sense of increased energy is accompanied by a relaxed and calm feeling throughout the body.
Erik Harris has been practicing Qi Gong and Tai Chi for several years and is certified through the Wu Healing Center. He currently teaches at Wu Healing Center in West Hartford, Valley Yoga in Simsbury and the Inner Space in Avon.
- 6 pm Laura Mignosa ..Common Cures & Chinese Herbs**
Learn the herbal equivalent to many over-the-counter drugs to treat many common disharmonies. The class will discuss herbal formulas for stomach ailments, arthritis, back pain, flus & colds, etc... in addition to purchasing tips and information on how these herbs are farmed and manufactured.
Laura Mignosa is a nationally certified Chinese herbologist, director of the CT Institute for Herbal Studies since 1992 and is both Western and China trained. Learn more about her private practice at the www.CTHerbSchool.com.
- 7 pm Lisl Meredith Huebner ..The Tao of Diet: Restorative Nutrition**
Lisl Meredith Huebner (Herbalisl) explains how to introduce nutritive herbs into your meals so that your health will flourish in all seasons. Potently nourishing herbs and the correct nutritional choices will dramatically improve stamina, digestion, immune function and overall well-being.
Lisl Meredith Huebner is a nationally board certified Chinese herbalist. In addition, she is a certified practitioner and teacher of Auriculotherapy, Medicinal Aromatherapy and an advanced Reiki practitioner.

Demonstrations

Main Level
Stage Area

2 pm Block

2:30 Carrie Borgen, Feng Shui Organizing: Feng Shui Bagua -- Creating Positive Living Environments

3 pm Block

3:00 Ken Zaborowski & Stan Baker: Chen Style Tai Chi & Push Hands Martial Arts Application

3:30 The Conduit: Gong & Tibetan Singing Bowl Healing Meditation Concert

4 pm Block

4:00 Lisl Meredith-Huebner: Auriculotherapy -- Stimulating the Outer Ear for Healing & Pain Relief

4:30 Ching Chung, Heights of Wellness: Four Season Medical Qigong for Kidney Health

5 pm Block

5:00 SunDo Mountain Taoism: Taoist Yoga -- Exercises for Balancing Yin & Yang Class

5:30 Haiyan Grzelak, Lotus Leaf Tea: Traditional Chinese Tea Ceremony -- A Ritual of Inner Peace

6 pm Block

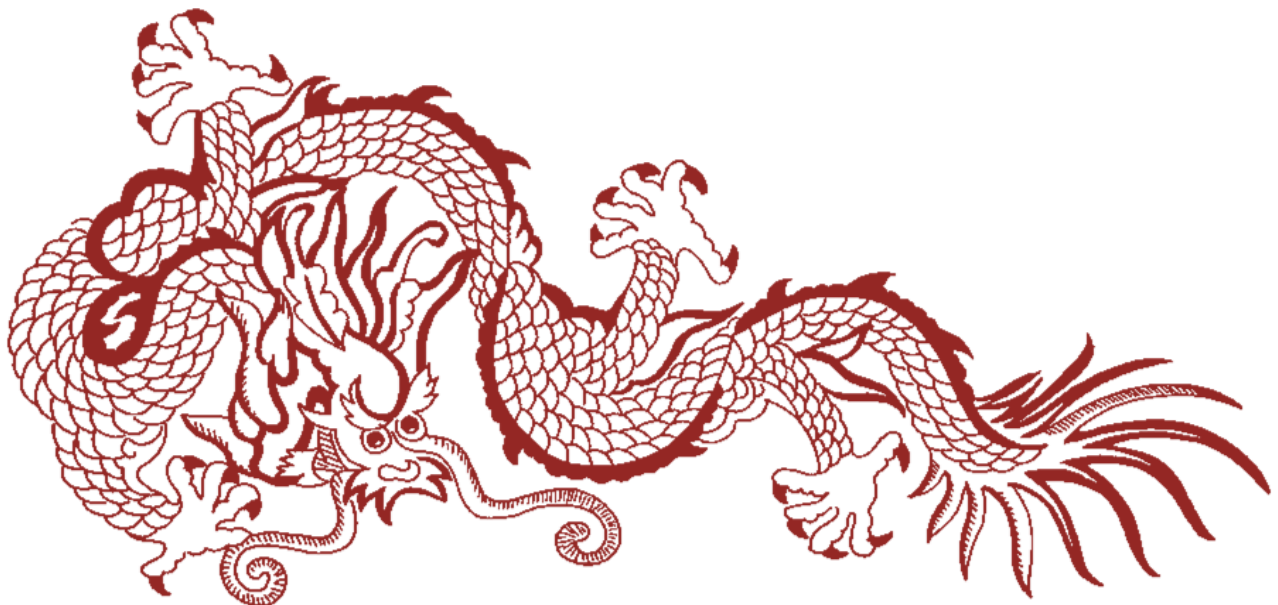
6:00 Dr. Ming Wu: Yang Style Tai Chi -- Essential Concepts & Practice Class

6:30 Erik Harris, Chi for Healing: Qi Gong -- Chi Movement Class
-- Accompanied by Haiyan Grzelak playing Chinese Guzheng traditional string-instrument music

7 pm Block

7:00 Asian Performing Arts Group -- Year of the Dragon 2012 Expression of Joy Celebration Dance

7:30 Robert Gordon: Yang Style Tai Chi Chuan -- Double-edge Sword Form



Informational Talks

Upper Level / Balcony
Table 18 Area

2:15 Stan Baker, Acupuncture -- One of the oldest continuously practiced forms of medicine in the world, this talk will aim to bridge the gap between the Eastern and Western understanding of how acupuncture really works. You will learn about the concept of Qi and hear an explanation of Qi and acupuncture in easy-to-understand language.

3:15 Kurt Love, Dragon Spirits -- What are dragons? Are they real? Do they really exist, or are they just legends in mythology and fairy tale? This session will discuss dragon basics, spiritual interaction between dragons & humans, and meeting or working with your own dragon spirit guide.

4:15 John Odium, Theta Healing -- A powerful and cutting edge healing modality, ThetaHealing, connects you to the Universal Life Force through the Theta brain wave state, to help identify and correct issues in the physical and emotional bodies caused from limiting beliefs such as low self esteem, relationship issues or panic attacks.

5: 15 Charles Silverstein, Conscious Evolution -- The Conscious Evolution program looks at the problems of the world -- from climate change to unsustainable living to poverty -- and asks where a source for solutions can be found. We now know that we know, and can co-create with nature to influence the evolution of consciousness.

6: 15 Margaret Stewart, Animal Acupressure -- Acupressure has been used on animals as a healing modality for thousands of years in China. Using acupressure and the Five Elements Theory of Traditional Asian Medicine, it's possible to address and shift behavioral and physical issues in all animals.

