



Ke Ola I Ka `Ike

Learning & Wellness for Life



Tai Chi & Medical Qigong Classes & Workshops with Karen Nesbitt and Master Feng

Classes

Qigong and Tai Chi for Health! Level 1

Recent research suggests that through regular practice, tai chi provides stress relief and benefits health by improving balance, blood circulation, as well as helping to ease the pain of arthritis. This beginning course is designed to introduce students to the fundamental movements and philosophy of tai chi and qigong. You will learn a basic series of “forms” creating a foundation for a “healthy” practice. Please wear loose clothing and supportive footwear. Tennis shoes are fine.

Jan 20-Feb 5, Feb 24-Mar 12, Mar 31-Apr 16, Apr 28-May 7, TTh 5-6:30p, OLLI Center, Manono Campus, Bldg 381, Rm 16, 22 classes, \$115

Qigong and Tai Chi for Health! Level 2

Instructor's approval required. Prerequisite: Completion of Level 1.

Jan 21-Feb 7, Feb 25-Mar 14, Apr 1-Apr 18, Apr 29-May 9, W 3-4:30p and Sa 9:45-11:15a, OLLI Center, Manono Campus, Bldg 381, Rm 16, 22 classes, \$115

Qigong and Tai Chi for Health! Level 3

Instructor's approval required. Prerequisite: Completion of Levels 1 and 2.

Jan 21-Feb 7, Feb 25-Mar 14, Apr 1-Apr 18, Apr 29-May 9, W 5-6:30p and Sa 8-9:30a, OLLI Center, Manono Campus, Bldg 381, Rm 16, 22 classes, \$115

Special Events and Workshops

Tai Chi and Medical Qigong in the Heart of China! A PowerPoint Presentation

Come and join us for an “evening in China”! We will explore the ancient and modern history of qigong and tai chi, the foundation of Traditional Chinese Medicine. Along with the PowerPoint presentation we will also view the film, “Qigong: Ancient Chinese Healing for the 21st Century”. For those interested in the Tai Chi and Qigong study tour in June 2009, this will give some insight into the program as well as meeting some of the participants in last year's program.

Jan 16, Fri 6:30-8:30p, UH Hilo UCB 114, \$10

*A tree as great as man's embrace springs from a small shoot;
A terrace nine stories high begins with a pile of earth;
A journey of a thousand miles starts under one's feet.*

*Lao Tzu
Tao Te Ching (64)*



Tai Chi and Medical Qigong: An Introductory Talk and Demo with Master Yijian Feng and Karen Nesbitt

Learn about the health benefits of both tai chi and medical qigong that are currently being put into practice around the world. A broad review will be presented of the history and recent research showing the benefits of a daily practice on general wellness as well as on chronic illnesses such as diabetes. Master Feng will then do a demonstration in both tai chi and medical qigong.

Feb 6, Fri 6:30-8:30p, UH Hilo UCB 114, \$10

Beginning Pushing Hands Workshop with Master Feng

An introduction to the ancient Art of Join-Stick-Push Hands". The practice of tai chi is done "solo" with one person, the practice Push Hands is done with two people. This practice provides the foundation for understanding fluidity (naturalness and spontaneity) and softness (sensitivity and tenderness) while you are in contact with another person. Prerequisite: some background in tai chi

Feb 14-15, Sa & Su, 9a-4:30p (break 12-1:30p), UH Hilo Old Gym, 2 classes, \$65

Beginning Tai Chi Sword Workshop with Master Feng

An introduction to the Art of Tai Chi Sword. In tai chi theory, the sword is merely an extension of the human body. This practice serves mainly as a method to self-awareness, strengthening of the upper limbs and torso. Holding and swinging a light weight sword slowly builds up the muscles of the hand, arms and upper torso. Prerequisite: some background in tai chi

Feb 21-22, Sa & Su 9a-4:30p (break 12-1:30), UH Hilo Old Gym, 2 classes, \$65



Introductory Medical Qigong Workshop with Karen Nesbitt

An introduction to Neiyang Gong Qigong, taught at Hebei Medical Qigong Hospital, China's first medical qigong training base, established in 1955 in Hebei, China. Learn some basic forms to help cultivate ones "qi" activating the circulatory system and promoting "good health" according to Traditional Chinese Medicine.

Mar 28, Sa 9a-12p, UH Hilo Old Gym, \$20

Travel Study to China

Tai Chi and Medical Qigong in the Heart of China!

Students will study and learn the basic techniques of tai chi and medical qigong as a health care practice that have been at the “heart of China” for several thousand years. We will travel to Hebei Medical Qigong School and Hospital, China’s first Medical Qigong training base, located four hours north of Beijing in a beautiful seaside community. Participants will also have the opportunity to immerse in the ancient culture of China at the Old Dragon’s Head, where the Great Wall Meets the Sea, Longevity Mountain, First Pass Under Heaven as well as time to explore the local community and Chinese way of life!

Karen Nesbitt, director of The International Qigong Foundation, Inc., has traveled to China for the past 12 years and is a certified medical qigong and tai chi instructor with Hebei Medical Qigong Hospital and School in Hebei China.



June 7-28, 2009 (21 day retreat in tai chi and qigong), \$2799 includes all ground transportation beginning in Beijing, China, shared accommodations, three meals a day at the school or outings which include dinner, 60 hours of instruction, and all excursions. Other additional costs are a Chinese visa, qigong massage or acupuncture, massage and acupuncture, and Chinese language tutoring. An early deposit of \$500 is due December 15, 2008. A \$1200 deposit required by February 28. Final payment must be submitted by March 31 or late charges may apply.

Beijing China Tour (optional)

In addition to the China Study Tour for Medical Qigong and Taijiquan, you may register for additional days in Beijing and the surrounding areas to visit the cultural sites, including the Summer Palace, Forbidden City, Tiananmen Square, Temple of Heaven, Ming Tombs, White Cloud Temple, Purple Bamboo Park, and a dinner theatre with the Beijing Opera and Acrobatics. There will be an additional charge for the Beijing portion of this trip and will include all ground transportation, lodging, meals, and sightseeing activities. Register for this portion with The International Qigong Foundation, Inc.

For more information and prices, please contact The International Qigong Foundation, Inc. For more information about the school and its instructors, please visit <http://www.medicalqigongschool.com>. You may also contact **Karen Nesbitt, M.A. at (808) 756-1510**.

About the instructors:

Karen Nesbitt, M.A., is an innovative educator committed to developing programs that initiate a true balance between mind, body and spirit. She is an internationally recognized medical qigong and taijiquan instructor with Hebei Medical Qigong Hospital in Hebei, China. Ms Nesbitt founded The International Qigong Foundation, Inc., a non-profit organization that has provided educational exchange programs in medical qigong and taijiquan around the world for the past 12 years. Ms Nesbitt holds a masters degree in Psychology and Counseling from Antioch University in Yellow Springs, Ohio.

Feng Yijian is the Director of the Medical Qigong Department of Hebei Medical Qigong Hospital and School in Hebei, China. He is also the director of the Taijiquan and Medical Qigong Training and Education Base at the school. As well as teaching taijiquan and Neiyang Gong Qigong, Master Feng is also a Medical Qigong Doctor. His students, which include health care providers, travel from around the world to study with him in China, United States, France, Germany, Ukraine, and Sweden.

How to Reach CCECS

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*Sponsored by the University of Hawaii at Hilo,
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The International Qigong Foundation. Inc.*

