

Schedule is subject to change!

	Friday			Saturday			Sunday			
	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	
6:00-6:30 6:45 AM	Warm-up and Stretch/Group Form			Warm-up and Stretch Group Form			6:00 AM 6:45 AM	Warm-up and Stretch Group Form		
7:00- 8:00 AM	Breakfast (On Your Own)			Breakfast (On Your Own)			7:00- 8:00 AM	Breakfast (On Your Own)		
8:15 AM	Welcome						8:15 AM			
8:30 - 10:00 AM (1.5 hours)	Diane Rabinowitz Birds, Clouds Wind, and Waves	Tom Carney T'ai Chi Super Slow Sparring	Randy Elia Yi Gun Gin	Dug Corpolongo Da Lu	Randy Elia The Practical Journey of Guang Ping Yang Tai Chi	Diane Rabinowitz Birds, Clouds, Wind, and Waves	8:30 - 9:45 AM	Randy Elia Yi Gun Gin	Diane Rabinowitz Birds, Clouds, Wind, and Waves	
10:00 AM							9:45 - 10:30 AM	Break - Room Check Out		
10:15 AM - 12:15 PM (2 hours)	FuTung Cheng Effortless Flow" Master Class for Guang Ping Yang form Part 1	Erlene Chiang Practical Self-Care and Therapy for Taiji practitioners	Dug Corpolongo Coiling, Opening and Closing	FuTung Cheng Mind-Body Intensive Guang Ping	Erlene Chiang Practical Self-Care and Therapy for Taiji practitioners	Tom Carney Chin Na	10:30- 11:45 AM	Valarie Prince Gabel Calling all Beginners	Michael Rabinowitz Appreciating Oolong Tea	
12:15 - 1:45 PM (1.5 Hours)	Lunch (On Your Own)			Lunch (On Your Own)			11:45 AM 12:00 AM	Group Form - Closing		
1:45 - 3:15 PM (2 hours)	FuTung Cheng Effortless Flow" Master Class for Guang Ping Yang form Part 2 1:45-4:00	Randy Elia The Practical Journey of Guang Ping Yang Tai Chi	Diane Rabinowitz Intro to Chinese Writing Related to Guang Ping Yang Taijiquan	Randy Elia Yi Gun Gin	Diane Rabinowitz Intro to Chinese Writing Related to Guang Ping Yang Taijiquan	Erlene Chiang Practical Self-Care and Therapy for Taiji Practitioners				
3:30 - 5:00 PM (1.5 Hours)		Tom Carney Chin Na	Dug Corpolongo Da Lu	Dug Corpolongo Coiling, Opening and Closing	Valarie Prince Gabel Calling all Beginners	Tom Carny T'ai Chi Super Slow Sparring				
5:30-6:30	No Host Bar			No Host Bar						
6:30-8:30 PM	Dinner			Dinner						