

42nd Annual Tai Chi Friends Reunion



June 12 – June 16, 2022

Westerbeke Ranch

Presented by Cloud Hands West

42nd Reunion Schedule of Events

Saturday

8:30-10:00 Pre-reunion Fellowship Practice at the Presidio (Lyon & Chestnut, at the pond in front of Letterman Digital Arts Center)

Sunday

4:00 – 5:00 Check in

5:00 – 6:15 Welcoming Circle & Practice led by **Brad Bennett & Nora Privitera**

6:30 Welcoming Dinner

8:00 Tai Chi Fellowship

Monday

6:45 – 7:05 **Silent Meditation**

7:15 – 8:00 **Qigong**
Kat Brown leads us in qi gong exercises.

8:00 – 9:00 Breakfast (Check-in for newcomers)

9:00 – 9:10 Morning Reunion Welcome

9:10 – 10:00 **Generating Chi**
Nora Privitera will share her insights on moving from the center, sinking and rising, and total body movement to generate Chi.

10:00 – 10:20 **PHD Practice** with Nora Privitera

10:20 – 10:35 Break

10:35 – 11:25 **Controlled by the Thighs**
Catherine Holder will focus on the importance of the support of the thighs in the PHD.

11:25 – 11:45 **PHD Practice led by** Catherine Holder

11:45 – 12:00 Break

12:00 – 12:30 **Practice with Morning Leaders:** Kat, Nora, & Catherine

12:30 – 2:00 Lunch

2:00 – 2:30 Group Pictures

2:30 – 3:15 **Old Short Form**
Suzanne Roth and friends review this form from Mr. Lui's Chicago days.

3:15 – 3:30 Break

3:30 – 4:15 **Long Form Part III**
Catherine Holder, Nancy Hoffman, and Nora Privitera invite all, especially beginners, to work on Part III of the Long Form.

4:15– 5:15 **Tai Chi Philosophy Happy Hour**
Looking at the connection of Taoism and Tai Chi.

6:30 Dinner

Immediately after dinner - Book Launch: *The Roses* (in or just outside the practice area)

Tuesday

- 6:45 – 7:05 **Silent Meditation**
- 7:15 – 8:00 **Qigong**
Catherine Holder leads us in qi gong exercises.
- 8:00 – 9:00 **Breakfast (Check-in for newcomers)**
- 9:00 – 9:50 **Formless form**
Nancy Hoffman will focus on: Tolerating form in pursuit of forming tolerance for formless form.
- 9:50 – 10:10 **PHD Practice** with Nancy Hoffman
- 10:10 – 10:25 **Break**
- 10:25 – 11:15 **Spirals**
Barbara Alderson focuses on spirals and how they help our movement flow.
- 11:15 – 11:35 **PHD Practice** with Barbara Alderson
- 11:35 – 11:50 **Break**
- 11:50 – 12:30 **Practice with Morning Leaders:** Catherine, Nancy and Barbara
- 12:30 – 2:30 **Lunch**
- 2:30 – 3:15 **Old Short Form**
Suzanne Roth and friends review this form from Mr. Lui's Chicago days.
- 3:00 – 3:30 **Break**
- 3:30 – 4:15 **Long Form Part III –**
Catherine Holder, Nancy Hoffman, and Nora Privitera invite all, especially beginners, to work on Part III of the Long Form
- 4:15 – 5:15 **Tai Chi Philosophy Happy Hour**
Philosophy and Beyond: Including KH&W Updates
- 6:30 **Dinner**

Wednesday

- 6:45 – 7:05 **Silent Meditation**
- 7:15 – 8:00 **Qigong**
Jeffrey Gersten leads us in qi gong exercises.
- 8:00 – 9:00 **Breakfast (Check in for newcomers)**
- 9:00 – 9:50 **The Long Spine**
Brad Bennett delves into the realm of the “erect spine.”
- 9:50 – 10:10 **PHD Practice** with Brad Bennett
- 10:10 – 10:25 **Break**
- 10:25 – 11:15 **Finding your Rhythm**
Jeffrey Gersten focuses on the importance and techniques of moving with rhythm.
- 11:15 – 11:35 **PHD Practice** with Jeffrey Gersten
- 11:35 – 11:50 **Break**
- 11:50 – 12:30 **Practice with Morning Leaders:** Brad and Jeffrey
- 12:30 – 2:30 **Lunch**
- 2:30 – 3:30 **The New Zoom Two Corner Short Form**
Brad Bennett shares his new form developed to be taught on Zoom.
Video of Class Practicing Zoom Form <https://vimeo.com/558251397>
- 2:30 – 3:30 **Long Form Part III**
Catherine Holder, Nancy Hoffman and Nora Privitera lead a review of Part III of the Long Form
- 3:30 **Free Time – Pool Party**
- 6:30 **Dinner**
- 8:00 **Party**

Thursday

- 6:45 – 7:05 **Silent Meditation**
- 7:15 – 8:00 **Yoga**
Yofe Johnson leads us in early morning yoga.
- 8:00 – 9:00 **Breakfast**
- 9:00 – 10:00 **Check out**
- 10:00 – 10:15 **Warmups** with Kat Brown
- 10:15 – 10:40 **Part III Practice**
- 10:40 – 10:50 **Break**
- 10:50 – 11:10- **Old Short Form Practice**
- 11:10 – 11:20 **Break**
- 11:20 – 11:40 **Zoom Form Practice**
- 11:40– 11:50 **Break**
- 11:50 – 12:30 **PHD Practice**
- 12:30 – 2:00 **Closing Lunch and Thank You's**

Saturday

- 8:30 – 10:00 Post-reunion Fellowship Practice at the Presidio (Lyon & Chestnut, at the pond in front of Letterman Digital Arts Center)