

# *43<sup>rd</sup> Annual Tai Chi Friends Reunion*



*June 18 – June 22, 2023*

*Westerbeke Ranch*

*Presented by Cloud Hands West*

# 43<sup>rd</sup> Reunion Schedule of Events

## Saturday

8:30-10:00 Pre-reunion Fellowship Practice in San Rafael at Albert Park

## 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

6:30 – 7:00 **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 **Put Your Mind in Your Feet**  
Suzanne Roth will continue her exploration of Attention.

10:00 – 10:10 **Break**

10:10 – 11:00 **Chi Dynamics**  
Nora Privitera will explore how rootedness, breath, moving from the center, and sinking and rising strengthen and enhance the flow of Chi.

11:00 – 11:10 **Break**

11:10 – 12:00 **PHD Deep Dive**  
Brad Bennett & Jeffery Gersten will offer insights into the beginning of the PHD form.

12:00 – 12:30 **Practice with Morning Leaders:**

12:30 – 2:00 **Lunch**

2:00 – 2:30 **Group Pictures**

2:30 – 3:30 **PHD Form Get-Together**  
From techniques to intent. An open time to discuss, practice, learn and even see the PHD in a different light. People can self-organize into smaller groups or stay together.

3:30 **Free Time – Pool Party**

6:00– 6:30 **“Sunset” Practice** led by Michael Banister

6:30 **Dinner**

**Immediately after dinner – KHW Updates**

## Tuesday

- 6:30 – 7:00    **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 – 11:30    **Slow Dancing**  
Kat Brown, Gloria Matuszewski, and Barbara Alderson slow us down.
- 11:30 – 11:40    **Break**
- 11:40 – 12:30    **Lead by the Pelvis**  
Catherine Holder explores the importance of moving from the center as she continues her kinetic chain series.
- 12:30 – 2:30    **Lunch**
- 2:30 – 3:30    **Old Short Form Get-Together**  
Suzanne Roth and friends review this form from Mr. Lui's Chicago days.
- 3:30            **Free Time – Pool Party**
- 6:00– 6:30    **“Sunset” Practice** led by Roy deGorog  
Looking at the connection of Taoism and Tai Chi
- 6:30            **Dinner**

## Wednesday

- 6:30 – 7:00 **Silent Meditation**
- 7:15 – 8:00 **Loosening the Shoulders and Neck**  
Brad Bennett leads a somatic exploration of trunk rotation.
- 8:00 – 9:00 **Breakfast (Check in for newcomers)**
- 9:00 – 10:00 **Open Wrists – Open Hearts**  
Nancy Hoffman and Patrick Johnson
- 10:00 – 10:25 **PHD Practice** with Patrick and Nancy
- 10:25 – 10:40 **Break**
- 10:40 – 11:30 **Finding your Rhythm**  
Jeffery Gersten and Brad Bennett focuses on the importance and techniques of moving with rhythm.
- 11:30 – 11:40 **Break**
- 11:40 – 12:30 **Gifts and Revelations**  
Brian Beveridge explores the yin gathering hand gifting energy to the yang expression hand in Continuous Punch and other moves.
- 12:30 – 2:30 **Lunch**
- 2:30 – 3:30 **Long Form Get-Together**  
Catherine Holder, Nancy Hoffman and Nora Privitera lead an informal session on the Long Form
- 3:30 **Free Time – Pool Party**
- 6:00– 6:30 **“Sunset” Practice** led by Nancy Hoffman and Patrick Johnson
- 6:30 **Dinner**
- 8:00 **Party**

## Thursday

- 6:30 – 7:00    **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

*Practice Sessions are designed to cover a variety of forms, some not all of us practice. Sample one or all. Remember, one can often gain by watching others and different forms. Hence, watching is promoted during these sessions.*

- 10:15 –10:40    **Long Form 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 in San Rafael at Albert Park