

Osher Lifelong Learning Institute at Saginaw Valley State University

OSHER
LIFELONG
LEARNING
INSTITUTE

SV
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An Evening with Deng Ming-Dao

Wednesday May 2, 2018

7-9 p.m.

Rhea Miller Recital Hall

Saginaw Valley State University

How does the ancient wisdom of China provide fresh answers for today's world? What is it like to practice Taoism in a contemporary American setting? What secrets of longevity, philosophy, and creativity does Taoism have to impart to us? Join us for a lively session with plenty of opportunity for questions from the audience and relaxing breathing techniques for those suffering through final exam week.

Free and Open to the Public

Wednesday May 2, 2018

9:00 am-3:30 pm
SVSU Banquet Rooms
Curtiss Hall

The workshop fee includes lunch and refreshments, which will be served in the SVSU Banquet Rooms, Curtiss Hall

Price (Until April 30):

OLLI Members & SVSU Faculty/Staff	\$70
Students	\$50
General Public	\$80
Price after April 30 for everyone	\$90

Osher Lifelong Learning Institute Presents:

Qigong and Taiji for Everyone!

Workshop Leader: Deng Ming-Dao

Taijiquan is one of the best exercises to reduce stress, lower blood pressure, retain balance, and improve on strength and mobility. Practiced for hundreds of years in China, it achieves all these remarkable effects through slow and gentle movement. Two versions will be taught during this workshop: the 10-movement Taiji for beginners, and the 24-movement Taiji for those who have been to previous workshops. The Eight Pieces of Brocade, one of the most prominent of qigong sets, will provide a quick all-around stretching and strengthening routine. Taijiquan is an exceptional method for relaxation, the healing of chronic illnesses, and the maintenance of balanced health. Come join the Taiji community and discover the wonders of Taijiquan.

Deng Ming-Dao is an author, artist, teacher, and book designer. His latest book is the Wisdom of the Tao, published by Weiser/Red Wheel in 2018. Among his other books are: 365 Tao, Chronicles of Tao, Scholar Warrior, Everyday Tao, The Lunar Tao, The Living I Ching, and Zen: The Art of Modern Eastern Cooking. His books have been translated into a variety of languages including Dutch, Estonian, French, German, Hungarian, Italian, Korean, Lithuanian, Portuguese, Romanian, Russian, Spanish, and Thai. His woodcut prints are in the collection of the Fine Arts Museum of San Francisco, Achenbach Foundation; Brooklyn Museum; San Francisco Museum of Modern Art; Oakland Museum; Plains Art Museum; as well as corporate and private collections. Deng Ming-Dao has trained in a variety of Chinese martial arts since 1975, with an emphasis on the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many popular workshops to introduce Chinese martial arts and Taoist wellness techniques.

Please return this portion with payment to the address below or call 989.964.4475 to register.

Name: _____
Address: _____
City/State/Zip: _____
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Email: _____

OLLI Member _____ Non-Member _____

Method of Payment: Check Enclosed (Payable to SVSU)
 Visa MasterCard American Express Discover Card

Account Number _____ Exp. Date _____
Name on Account _____

**OLLI-SVSU
Curtiss 111
7400 Bay Road
University Center, MI 48710**

OLLI Cancellation Policy:

\$10 cancellation fee. The remainder of the registration fee will be refunded or remain as a credit on your account. The cancellation must be done by two weeks prior to the event or no refund will be given.