

# Qigong and Tai Ji for Everyone

*Seminar Leader: Deng Ming-Dao*

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

**Friday & Saturday**

**May 15-16, 2020**

*SVSU Banquet Rooms*

*Curtiss Hall*

**Available Seminars:**

Day One (includes lunch):

9:00 a.m.-3:30 p.m.

**Six Healing Sounds Qigong,**

**Review of the 24 form Taijiquan**

**Silk Reeling Exercise**

**Beginning Push Hands**

Day Two:

(9:00 a.m.-Noon)

**Introduction to the Five Animals of Hua Too**

***(featuring the crane and bear forms)***



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. 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, martial artist, and Taoist. He is known nationally and internationally for nine books, including *The Chronicles of Tao*, a biography of his Taoist master; *365 Tao*, a book of daily meditations; and *Scholar Warrior*, a book showing how exercises, meditations, and philosophy combine into a single spiritual path. His books have been translated into sixteen languages.

Over the course of four decades, Deng has trained with five teachers in Taijiquan, Xinguiquan, and Baguazhang, Qigong, weapons practice, philosophy, and meditation.

*Osher Lifelong Learning Institute*

989.964.4475 ♦ [www.svsu.edu/olli](http://www.svsu.edu/olli)

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## Details

**Date:** Fri. & Sat. May 15-16, 2020  
**Location:** Saginaw Valley State University  
Curtiss Hall--Banquet Rooms  
7400 Bay Rd.  
University Center, MI

## Cost

**\$70 OLLI Members/\$80 Non-Members Day One**  
**\$35 OLLI Members/\$45 Non-Members Day Two**

**Please register for each day individually.**

(Fees include lunch on Friday and beverages both days)

**OLLI Cancellation Policy:** \$10 cancellation fee per seminar. The remainder of the registration fee will be refunded or remain as a credit on your account. The cancellation must be done by one week prior to the event or there is no refund.

### Registrant #1

OLLI Member \_\_\_\_\_ Non-Member \_\_\_\_\_

Days:  Fri. 5/15 (\$70/\$80)  Sat. 5/16 (\$35/\$45) **TOTAL: \_\_\_\_\_**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Account \_\_\_\_\_ Security Code \_\_\_\_\_

### Registrant #2

OLLI Member \_\_\_\_\_ Non-Member \_\_\_\_\_

Days:  Fri. 5/15 (\$70/\$80)  Sat. 5/16 (\$35/\$45) **TOTAL: \_\_\_\_\_**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Account \_\_\_\_\_ Security Code \_\_\_\_\_