

# 2019 Eastern & Central U.S. Health Qigong Exchange & Training Program

Nov. 8<sup>th</sup> -17<sup>th</sup> , 2019

Location:

New York, Virginia, Chicago,  
Pennsylvania, Connecticut

Organizers: Chinese Health Qigong Association  
Tai Chi Qigong Association of America

Hosts: Virginia Peninsula Taiji Club  
Pennsylvania State University Taiji Club  
U.S. Bei Dou Kung Fu Academy  
Aiping Tai Chi Center



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Date	Activities	Contact Organization
Sat, Sun Nov. 9- 10	Workshops by Yongsheng Cui and Xiaojun Wang	Tai Chi Qigong Association of America
Sat, Sun Nov. 9- 10	Dao Yin Yang Sheng Gong 12 Fa Workshop by Juan Jiang in Virginia	Virginia Peninsula Taiji Club
Sat, Sun Nov. 9- 10	Dao Yin Yang Sheng Gong 12 Fa Workshop by Yongzhi Ma in Pennsylvania	Pennsylvania State University Taiji Club
Sat Nov. 16	Workshops in New York, Chicago and Connecticut	Tai Chi Qigong Association of America  U.S. Bei Dou Kung Fu Academy  Aiping Tai Chi Center
Sun Nov. 17	<b>Health Qigong Duan Examination in New York</b>	Tai Chi Qigong Association of America

# 2019 Health Qigong Exchange & Training Program

## Instructor Introduction

Prof. Xiaojun Wang (王晓军)

- National Wushu referee of China
- The graduate supervisor of Beijing Sport University (BSU)
- President of National Traditional Chinese Exercise Medicine Institute
- The member of Chinese Wushu Association



“导气令和,引体令柔”

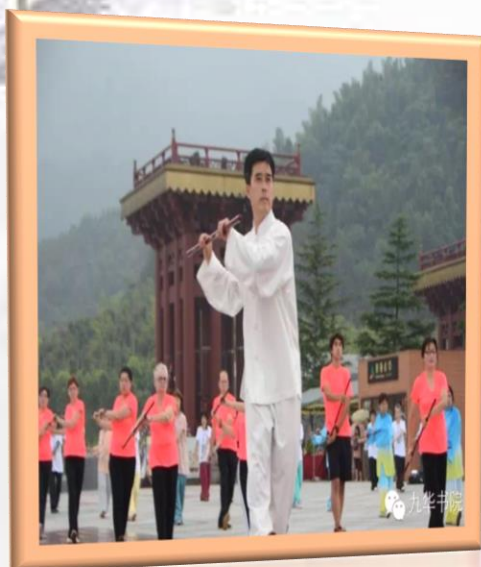
Enjoy Health Qigong With Happy,  
Healthy & Harmonious Way!

# 2019 Health Qigong Exchange & Training Program

## Instructor Introduction

Prof. Yongzhi Ma (马勇志)

- The associate professor of Tsinghua University
- One of the chief creators of Health Qigong – Taiji Stick Health Preservation Exercises
- 7 Duan of Health Qigong
- The national referee of Health Qigong



健身气功—来自中国的传统养生之道

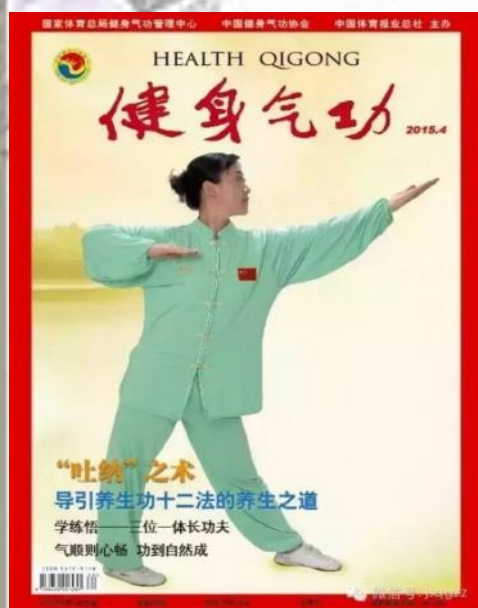
*Health Qigong: A traditional  
Health- Preserving Regimen from China*



# 2019 Health Qigong Exchange & Training Program

## Instructor Introduction

Prof. Juan Jiang (姜娟)



- The professor of Shenyang Sport University
- Champion of Health Qigong Individual Yijinjing and Group Wuqinxi in the 3<sup>rd</sup> International Health Qigong Communicate Competition 2012
- The third of Health Qigong Group Liuzijue in the Thirteenth National Games of China

在快节奏的生活中，能够让你慢下来、  
静下来，放松下来的养生智慧—中国  
健身气功。

*Chinese Health Qigong, a wisdom exercise  
of preserving your health, make you slow,  
calm and relax in the fast pace of life.*