

Friday			
6:15-7:00 am	Warm-up and Stretch and Group Form		
7:00-8 am	Breakfast (on your own)		
	Catalina	Silvergate	La Playa
8:00 AM	Welcome		
8:15-10:00	Erlene Chiang Inner Health of Guang Ping Yang Taijiquan	David Wei Tui Na #1	Nick D'Antoni Taiji Sword: What's the Point?
10:15 12:00	Randy Elia Guang Ping Yang Taiji Silk Reeling and Application	Joanna Schoon 8 Immortal Fans Part 1	FuTung Cheng Refining and Redefining Classic Guang Ping Tai Chi <i>Instructors Only</i>
12:00-1:15	Lunch (on your own)		
1:15 -3:15	David Chosid Opening the Door to Bagua	Joanna Schoon 8 Immortals Fan Part 2	FuTung Cheng Introduction to Effortless Flow Synchronization <i>All Levels Welcome</i>
3:30 - 5:15	David Wei Tui Na #2	Randy Elia Yin and Yang of the Jian 2-person Exercise	Erlene Chiang Food as Medicine
5:30-6:45	No Host Bar		
7:00-8:30	Dinner		

*Schedule subject to change

Saturday			
6:15-7:00	Warm-up and Stretch and Group Form		
7-8 AM	Breakfast (on your own)		
	Catalina	Silvergate	La Playa
8:00-10:00	JoAnna Schoon YC Chiang's 19 Basic Principles	FuTung Cheng Guang Ping Yang "Plain and Simple"	Erlene Chiang Food as Medicine
10:15-12	David Wei Tui Na #3	FuTung Cheng Guang Ping Yang "Plain and Simple"	Randy Elia Yin and Yang of the Jian 2-person Exercise
12:00-1:15	Lunch (on your own)		
1:15 -3:15	Erlene Chiang Inner Health of Guang Ping Yang Taijiquan	Valarie Prince Gabel Calling All Beginners	Randy Elia Guang Ping Yang Taiji Silk Reeling and Application
3:30 - 5:15	David Wei Tui Na #4	David Chosid Opening the Door to Bagua	Nick D'Antoni Taiji Sword: What's the Point?
5:30-6:45	No Host Bar		
7-8:30	Dinner		

*Schedule subject to change.

Sunday			
6:15-7:00	Warm-up and Stretch and Group Form		
7-8 AM	Breakfast (on your own)		
	Catalina	Silvergate	La Playa
8:-9:15 Am	Valarie Prince Gabel Calling All Beginners	FuTung Cheng MIND/BODY PRACTICE: Fusing the Unified Theory of Practice with YC Chiang's Mind/Body practice	Randy Elia Guang Ping Yang Taiji Silk Reeling and Application
9:30-10 am	Break - Room Check Out		
10:15-11:30 am	JoAnna Schoon YC Chiang's 19 Basic Principles	David Wei Tua Na #1	David Chosid Opening the Door to Bagua
#####	Group Form - Closing		

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