

Confucius Institute at AU hosting two-day Tai Chi and Health Conference in October

9/01/15



The Confucius Institute at Alfred University (CIAU) invites local and regional community members to a two-day Tai Chi & Health Conference Friday and Saturday, Oct. 2-3 featuring Tai Chi Grandmaster Yu An-ren of Changsha, China.

The conference will also include lectures and demonstrations on tai chi, acupuncture, acupressure, and by Master Liu Gui-Fang and Master George Samuels, as well as Steve Crosby, AU professor of theater; Dr. Zhaojun Wang; Kevin Ferst, licensed acupuncturist; Sarah Nelson; and Chris Jordan.

Tai chi is a slow-motion martial arts type of exercise with multiple mental and physical benefits stemming from gentle movement. An-ren is known for introducing the Swimming Dragon style of tai chi, which was handed down as a secret royal family tradition. Studies have shown that tai chi helps with blood pressure and pain management, organ efficiency, and brain stimulation. Its meditative effects assist in stress reduction. Tui na is a form of Chinese manipulative therapy.

Registration is limited to 200 participants. General admission for the two days includes all programming and two meals dinner the first evening and a box lunch on Saturday. The entry fee is \$20 prior to Oct. 2 and \$25 onsite (if slots are remaining) and \$10 for students, \$15 onsite. Registrants may pay an optional \$8 for a conference t-shirt at registration on the Confucius Institute website: <http://confucius.alfred.edu/events/>. For more information, please email CIAU@alfred.edu, or call 607.871.2762.

The two-day series of activities is co-sponsored by the Alfred University AU Health and Wellness Center.

Onsite registration begins at 2 p.m. Friday, Oct. 2 in the Olin Building, Room 302, followed by a Welcome at 3. The keynote presentation will begin at 3:30 with Grandmaster Yu and Crosby.

There will be a group photo session at 4:30 p.m. followed by dinner at 5 in the Knight Club, Powell Campus Center.

Master&s demonstrations by An-ren, known for the Swimming Dragon; Gui-Fang; and Samuels will cap off the evening at 7 p.m. in Olin 302. The Swimming Dragon style of tai chi is taught in Alfred by An-ren&s former student, Gui-Fang; California is the only other place in the United States where this style is taught.

Saturday activity takes place in Nevins Theater, Powell Campus Center beginning at 9 a.m. with a tai chi lecture/demonstration/practice by An-ren. There will be a break for refreshments at 10:30 followed at 10:45 with another lecture/demonstration/practice by Samuels.

Lunch will be distributed at 12:15 p.m. At 12:30 p.m. Dr. Zhaojun Wang will present “Traditional Chinese Approach to Health.” His talk will be followed by another lecture/demonstration/practice by Gui-Fang at 1:30 p.m.

Refreshments will be available at 3:20 p.m. followed by a lecture/demonstration by Ferst and Nelson. At 4:10 p.m. there will be a lecture/demonstration by Jordan.

The two-day event closes at 5 p.m.