

# Taoist Healing Arts Fair



Sunday January 29 ♦ **Year of the Dragon 2012** ♦ 2 pm to 8 pm

## Workshops

- 2 pm**     **Eunmi Han ..Change Your Breath, Change Your Health**  
Taoist yoga instructor and respiratory therapist, Eunmi Han, explores the ways in which meditative breathing promotes better health and vitality. By practicing deep breathing, meditators can strengthen their nervous systems, internal organs and increase oxygen exchange in the lungs and blood.  
*Eunmi studied at Manchester Community College's Respiratory Care Program in 2009 attaining an Associate's Degree in Allied Health Science. She has been teaching SunDo-Taoist Yoga & Breath Meditation for seven years.*
- 3 pm**     **Master Hyunmoon Kim ..Natural Breathing: The Taoist Way of Enlightenment**  
Join Taoist Master Hyunmoon Kim to discover how Taoist breathwork improves emotional health and leads us toward our spiritual dimension. Deep meditative breathing affects our core navel chakra which stabilizes emotions and creates spiritual connections in personal life, work, family, community and nature.  
*Master Kim is one of a handful of master teachers trained by Taoist hermits from the mountains of Korea and also a Professor at Hanseo University in South Korea and a Ph.D. graduate of Philosophy in Human Science.*
- 4 pm**     **Dr. Ming Wu ..Tui Na Massage for Family & Friends**  
Doctor of Traditional Chinese Medicine, Ming Wu, teaches students to use basic Tui Na hand techniques to give basic but effective massage to others. Tui Na directly affects the flow of energy by pressing the body at acupressure points and is designed to prevent problems, as well as correct them.  
*Dr. Ming Wu, Ph.D. holds a doctorate in Traditional Chinese Medicine and is director of Wu Healing Center. After teaching in his native China, he came to the US and now also teaches both Tui Na & Qi Gong healing arts.*
- 5 pm**     **Erik Harris ..Qi Gong for Healthy Weight Loss**  
Teacher Erik Harris shows how Pi Gu, a type of Qi Gong, can shrink the stomach to prevent hunger and stop food addictions for more effective weight management. When practicing Pi Gu, a sense of increased energy is accompanied by a relaxed and calm feeling throughout the body.  
*Erik Harris has been practicing Qi Gong and Tai Chi for several years and is certified through the Wu Healing Center. He currently teaches at Yoga Center of Collinsville, Vital Life Center of Plainville and the Inner Space in Avon.*
- 6 pm**     **Laura Mignosa ..Common Cures & Chinese Herbs**  
Learn the herbal equivalent to many over-the-counter drugs to treat many common disharmonies. The class will discuss herbal formulas for stomach ailments, arthritis, back pain, flus & colds, etc... in addition to purchasing tips and information on how these herbs are farmed and manufactured.  
*Laura Mignosa is a nationally certified Chinese herbologist, director of the CT Institute for Herbal Studies since 1992 and is both Western and China trained. Learn more about her private practice at the [www.CTHerbalSchool.com](http://www.CTHerbalSchool.com).*
- 7 pm**     **Lisl Meredith Huebner ..The Tao of Diet: Restorative Nutrition**  
Lisl Meredith Huebner (Herbalisl) explains how to introduce nutritive herbs into your meals so that your health will flourish in all seasons. Potently nourishing herbs and the correct nutritional choices will dramatically improve stamina, digestion, immune function and overall well-being.  
*Lisl Meredith Huebner is a nationally board certified Chinese herbalist. In addition, she is a certified practitioner and teacher of Auriculotherapy, Medicinal Aromatherapy and an advanced Reiki practitioner.*

## *Demonstrations*

### **2 pm Block**

**2:00** Stan Baker: Chen Style Tai Chi Chuan Performance

**2:30** Carrie Borgen: Feng Shui Bagua -- Balancing Energy to Create Positive Living Environments

### **3 pm Block**

**3:00** Dr. Ming Wu: Yang Style Tai Chi Chuan Class -- Essential Concepts & Practice

**3:30** The Conduit: Gong & Tibetan Bowl Healing Meditation Concert

### **4 pm Block**

**4:00** Lisl Meredith-Huebner: Auriculotherapy -- Stimulating the Outer Ear for Healing & Pain Relief

**4:30** Michael Dauria: Healing Qi Gong Class – 8 Sections of Silk Brocade (Ba Duan Jin)

### **5 pm Block**

**5:00** SunDo Mountain Taoism: Taoist Yoga Class -- Balancing Yin & Yang

**5:30** Haiyan Grzelak: Traditional Chinese Tea Ceremony -- A Ritual of Inner Peace

### **6 pm Block**

**6:00** Master Anlin Wong: Chinese Kung Fu

**6:30** Erik Harris: Healing Qi Gong Class – Chi Movement

-- Accompanied by Haiyan Grzelak playing Chinese Guzheng traditional string-instrument music

### **7 pm Block**

**7:00** Asian Performing Arts Group – Year of the Dragon 2012 Expressions of Joy Celebration Dance

