

# Chen ZhengLei

December 15, 16, 17 2012

One of the four “Diamonds” of Tai Chi and recognized as one of the top 10 living martial artists of China.

This is a rare opportunity to train with a world class tai chi teacher in a format suitable for beginners as well as advanced students and instructors.

Saturday and Sunday from 9 am to 5 pm: learn the secrets of LaoJia YiLu. This form is the source of all other styles of tai chi.

Monday 7 pm 9 pm: practice Qi-nurturing meditation and QiGong; exercises for joint health, balance and flexibility; and learn selected movements from the 18 form for health and wellness.

**Jing Ying Institute of Kung Fu & Tai Chi**  
1195 Baltimore Annapolis Blvd #6 Arnold MD 21012  
410-431-5200 info@JingYing.org  
[www.JingYing.org](http://www.JingYing.org)



# December 15, 16, 17 2012 Annapolis (Arnold) MD

Jing Ying Institute, 1195 Baltimore Annapolis Blvd #6, Arnold MD 21012

## Saturday, December 15, 2012

9:00 am to 12:00 pm:

LaoJia YiLu Sections 1 and 2

2:00 pm to 5:00 pm:

LaoJia YiLu Sections 3 and 4

## Sunday, December 16, 2012

9:00 am to 12:00 pm:

LaoJia YiLu Sections 5 and 6

2:00 pm to 5:00 pm:

LaoJia YiLu Secrets, Energy, principles and applications

LaoJia YiLu forms the basis for all styles of tai chi. The weekend will be in a “Learn, Review, Refine” format allowing beginners to learn the movements and advanced participants to gain insights and refine their practice. This workshop will benefit those who practice any style at any level who want to improve their abilities and understanding of tai chi

## Monday, December 17, 2012

7:00 pm to 9:00 pm:

Yang Sheng Gong - TaiJi for Health and Wellness

Yang Sheng Gong is a complete system for health and wellness. Learn and practice fundamental skills of silk reeling exercises for improving joint health, strength and flexibility, Discover the Qi nurturing benefits of meditation and Qigong practices used by the Chen family. Learn and practice a selection of movements from the 18 Essential Postures routine which was created to provide many of the health benefits of LaoJia YiLu practice in a shorter format that can be learned more quickly.

Sat 9:00 am to 12:00 pm

Sat 2:00 pm to 5:00 pm

Sun 9:00 am to 12:00 pm

Sun 2:00 pm to 5:00 pm

Monday 7:00 pm to 9:00 pm

Please check in/register 30 minutes before the start of your first session. **\$75** for one session, **\$140** for two sessions, **\$195** for three sessions, **\$245** for four sessions, **\$290** for all 5 sessions, **\$60** for Monday only. Check all that apply. Late registration of \$25 if paid at the door. **Total:** \_\_\_\_\_

**Jing Ying Institute, 1195 Baltimore Annapolis Blvd, #6 Arnold, MD 21012**

**Full Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Addr:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Alt Phone:** \_\_\_\_\_ **Work/Cell (Circle one)**

**E-Mail:** \_\_\_\_\_ We do not sell, rent or  
giveaway your info. We just use this to send you updates, event reminders or copies of our newsletter.

**Signature:** \_\_\_\_\_

*Participants under age 18 must  
have a release form signed by a  
parent or guardian.*