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Centro de Tai Chi Chuan, Acupuntura e Cultura Oriental



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EQUILIBRIUS® Quarterly Newsletter

YANG FAMILY TAI CHI CHUAN



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Trip to **CHINA** 2017 • Best Moments

INTERVIEW WITH PROF. GIUSEPPE TURTURO





## Tribute

EQUILIBRIUS and all Tai Chi Chuan practitioners wish to express our deepest condolences for the passing of our colleague Yang Yaming, on March 11<sup>th</sup>, 2017.

He is Master Song Bin's direct Disciple and was Prof. Castro Júnior's friend during his years in China.

To Yang Yaming's family our sentiments; may his spirit continue on the path of Tai Chi Chuan.



**D**ear readers, students and practitioners, since our Newsletter nº 7 August 2015, we are making exclusive interviews with eminent personalities of the Yang Family Tai Chi Chuan. We hope, with each publication, to offer a perspective of this Art which "goes beyond the borders" – a meaning taught by Master Yang Jun regarding Tai Chi Chuan.

*This month, Prof. Giuseppe Turturo mentions in his interview that, through the years, he sought "a path to follow to make progress both in techniques and in moral consciousness."*

*We seek, each in our own way, to evolve in life. Whichever the Art we want to learn, the process is always the same: 1 • Acquiring knowledge and principles with a Master/Teacher (to observe, to imitate, to repeat, to know what to do and how to do it); 2 • Improving techniques and solving doubts (to experiment, to reflect, to mature, to search for the reasons); 3 • Applying the knowledge in everyday life (to incorporate, to adapt, to disseminate, to act with spontaneity).*

*The desire and intent to learn a new Art, such as Tai Chi Chuan, comes from an inner will to improve something in ourselves – to see beyond what is viewed, to feel beyond what is perceived, to ponder about what we consider known. Maybe this is when we begin to "go beyond the borders" – the Eagle's wide eyesight, the Tiger's self-control, the Dragon's benevolence.*

*Opening our minds, we get to better know ourselves, we begin to perceive all around us, we realize we influence others, and that our well-being can be shared.*

*In today's world, where unfortunately we see prevail selfishness, prejudice, intolerance and the lack of respect and consideration, it's on each one of us to say no to these negative energies – which are visibly affecting the cycles of nature and the deceptive sociability of people. That's why we recall to the attributes of the animals to explain virtues – because our essence, which is virtuous by nature, has been deformed and veiled by our uncontrolled minds.*

*Self-knowledge is a way to reawaken the best of us from within. The search for knowledge, by free will, is a process that demands commitment and dedication, presenting us glimpses of some ethical principles: the humbleness to hear more and admit weaknesses; to respect whatever is different or unknown to us; the righteousness of reflecting after observing, and before taking actions, and the courage to take a step back or not to act when needed.*

*It's important to read and study; more important is to dedicate oneself to comprehend; imperative is to put knowledge in action!*

Cynthia S. Levy

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## INTERVIEW WITH PROF.

Image: <http://www.kvvoonkungfu.it>GIUSEPPE  
TURTURO

**G**iuseppe Turturo was born in Genoa – Italy, on March 19<sup>th</sup>, 1963. In 1978, he began to study Chinese Martial Arts in Genoa, practicing the Styles of *Hung Gar*, *Wing Chun*, *Tong Long*, *Pa Kua* and Yang Style Tai Chi Chuan.

In 1996, he attended a Seminar in Sweden of Yang Style Tai Chi Chuan with Grandmaster Yang Zhen duo and Master Yang Jun. Since then, he has continued to study and deepen his insight and knowledge of this Style, directly following the teachings of Master Yang Jun.

He has collaborated with “*Centro Peppino Vismara, Ist. Don Calabria*”, where he taught the Yang Style to a group of young people affected by Down Syndrome and physically impaired – an enriching experience that gives feedback on the effectiveness of this Style.

In 2003, he started to teach on a television Course, in cooperation with the Swiss-Italian Television T.S.I. the program “*Philosophy and Wellness*”, where he taught Yang Style Tai Chi Chuan.

Giuseppe is Center Director of the Yang Chengfu Tai Chi Chuan Center in Milan – Italy, and has been nominated Master Yang Jun’s direct Disciple in 2012, and given the name of *Yang Yayi*.



**EQUILIBRIUS:** *We would like to thank you very much for this interview and for sharing your knowledge and experience in the practice and teaching of Tai Chi Chuan.*

**1 • EQUILIBRIUS:** *Could you tell us about your first experience in Martial Arts?*

**PROF. GIUSEPPE:** My first experience with *Kung Fu* goes back to year 1978, when I was 15 years old and I was looking for a good school where I could learn to become stronger than my friends.

For 18 years I practiced and learned many different systems of Martial Arts: *Tan Lang*, *Wing Chun*, *Shaolin*, *Hung Gar*, *Tai Chi Yang*, *Pa Qua* and *Hising Hi*.

Through the years, the aim of my research gradually changed completely and made me look for teachers capable of showing me a path to follow to make progress both in techniques and in moral consciousness.

**2 • EQUILIBRIUS:** *How did you learn about and start to practice the Yang Style Tai Chi Chuan?*

**PROF. GIUSEPPE:** I began the study the Yang Style Tai Chi Chuan in 1980, but I gave up in 1994: after 14 years of Tai Chi practice, I realized that I had learned only a certain number of techniques, but nothing else.

In 1996, Claudio (Prof. Claudio Mingarini – read interview on Newsletter n° 12 / nov 2016) suggested to make a trip in Sweden to follow a Tai Chi Chuan Seminar directed by Grandmaster Yang Zhenduo, whom I had never heard of before, but I was attracted by the idea of such a travel and so decided to try this new experience.

Arriving in Stockholm, I made acquaintance with Grandmaster Yang Zhenduo and his grandson Master Yang Jun – and with their guidance, I studied for 10 days the 103 Form and the Sword Form: it was my encounter

with the Yang Family and their traditional Tai Chi Chuan.

For me it made a radical change and I restarted again to practice Tai Chi Chuan, since it had been an incredible experience, even though I had hardly understood what the Master was saying. Practicing that particular flavor of Tai Chi Style changed my life; changed also the way I practiced *Hung Gar* – an external Style Martial Art, and everything was reaching a deeper insight! I was really happy.

Now I still go on in this great adventure following the teachings of Grandmaster Yang Jun.

Image: Prof. Giuseppe Turturo's personal archives





**3 • EQUILIBRIUS:** *How was the experience of teaching for people with the Down Syndrome? What was the most special moment/teaching for you?*

**PROF. GIUSEPPE:** In 1998, a student of mine asked me if I could teach Tai Chi Chuan to a boy affected by the Down Syndrome, and I was deeply concerned and full of doubts: *"How can I teach him? How can I relate with him without doing him offense or harm? How can I..."*

My student said: *"Teach him in the same way you should to any other person, without prejudice and demanding respect from him: you must behave with him normally, you mustn't do anything different from what you usually do."*

This was the start of a great experience, and after 3 years, I was asked to extend it to a Center where other youths with similar problems could benefit from the practice.

I agreed and started to teach to 16 boys affected by the Down Syndrome. I think that never before I had such an enriching and satisfying experience! It was like a dream to see this young and elder people performing the Tai Chi movements with great passion and enthusiasm.

This experience went on for the following 7 years, and then, unwillingly, I was forced to quit. But whenever I go to see them, it is great merrymaking, with everybody asking *"When are we going to practice Tai Chi?"*. Who knows? May be in the future I will be able to find some spare time to take up again this kind of activity.

Image: [www.taichiyangmilano.it](http://www.taichiyangmilano.it)



Above: Prof. Giuseppe (Yang Yayi) at the center, after the Ceremony in which he was accepted as Master Yang Jun's Disciple in 2012.

Below: Performing the *Duilian* Form, alongside Master Yang Jun, during the II International Tai Chi Chuan Symposium, in Louisville, KY, U.S.A. in 2014.



Images: [www.taichiyangmilano.it](http://www.taichiyangmilano.it); Google® search

**4 • EQUILIBRIUS:** *You had the opportunity of teaching Tai Chi Chuan on TV. How was your approach with the public? How was the feedback?*

**PROF. GIUSEPPE:** To teach an Art that can be transmitted only through physical presence was something difficult to understand by me, but a friend and student of mine said:

*"Do it with the intent of letting people have a better knowledge of what is the Tai Chi Art and not pretending to teach them something."*

So I started for this new adventure, that showed me performing in front of a TV camera explaining movements, principles and techniques, everything looking to me very funny!





Image: www.taichiyangmilano.it

Prof. Giuseppe and special guests – Master Yang Jun and Prof. Claudio Mingarini, while shooting an episode of the TV program “Philosophy and Wellness”

After some time, I happened to go to Lugano – a town in the Swiss canton where the program was telecast, and lots of people recognized me, asking for more information on where they could learn Tai Chi, great being the interest and curiosity of these people.

Over 265 episodes, I went on talking, teaching and performing Tai Chi Chuan, while explaining its benefits. In some of these episodes, there was also the presence of Grandmaster Yang Jun, Claudio Mingarini and Frank Grotstuke.

The program was repeatedly telecast for 10 years, and even today when I go to Switzerland to meet some friend, some people still recognize me. It also brought some students to the Swiss Tai Chi Center of Lausanne.

**5 • EQUILIBRIUS:** According to your experience, how and why the two-person practice (Tui Shou) can improve our understanding of Tai Chi and its Principles?

**PROF. GIUSEPPE:** My experience in *Tui Shou* tells me it's important for everyone to practice, get in comparison study to better know each other.

Through the practice, gradually you get to know well your own abilities and to know how to change or modify the posture of our center; this will create greater certainty in our actions and put our opponent in trouble.

Relaxation and mental calmness will be key elements in order to realize this principle.

It makes us more sensitive, allowing us to

Profs. Giuseppe and Fernando De Lazzari, during the trip to China in March 2017, at the Association's Headquarters in Kunming



Image: Prof. Fernando De Lazzari's personal archives





*"Try to never sit on the throne of knowledge, but walk along with those who want to learn."*

discover how we are deep inside and to learn and improve over time.

In order to improve our 103 Form or with weapons, in order to improve every practice Tai Chi Chuan gives us, the practice of *Tui Shou* it is very important – complete in every aspect young practitioner or expert.

## 6 • EQUILIBRIUS: *What is your advice and suggestions to Tai Chi Chuan beginner students?*

**PROF. GIUSEPPE:** My first advice to the beginners is to be patient, to persist, without surrendering at the first difficulties – the Martial Art is also a way to learn how to overcome difficulties. Through difficulties, we learn to better know ourselves and therefore to become a better person!

Be of example for your fellows, help your fellow-students to improve their practice without competing with them, leave behind your ego and embrace the way of giving.



Image: Prof. Giuseppe Turturo's personal archives

## 7 • EQUILIBRIUS: *What is your advice and suggestions to Tai Chi Chuan advanced students?*

**PROF. GIUSEPPE:** To the advanced students I say: be always researchers, never surrender and never sleep over past glories, be promoter of an Art that can help many people in reaching a better way of life. Try to never sit on the throne of knowledge but walk along with those who want to learn. Be humble and open to other people.

**EQUILIBRIUS:** *We appreciate your insights in this interview and for taking time to enlighten us with your precious experience in the universe of Tai Chi Chuan.*



# BEST MOMENTS OF THE Trip to CHINA 2017

From March 22<sup>nd</sup> to April 3<sup>rd</sup>, the International Yang Family Tai Chi Chuan Association and EQUILIBRIUS have organized a cultural trip to China. The event's highlights were:

- Grand Opening of the International Yang Family Tai Chi Chuan Association's new Headquarters in the city of Kunming – Yunnan Province
- Cultural Tour visiting many places in the cities of Lijiang, Shangri-La, Dali and Kunming
- Special Tai Chi Chuan Seminar with Master Yang Jun
- Master Yang Jun's Disciple Ceremony

Our group of 21 people travelled to China to attend this grand event, besides visiting Bangkok (Thailand) and Dubai (United Arab Emirates), cities in which we had flight connections, and where we got to know some tourist spots of these countries.

In this special *"Best Moments of the Trip to China 2017"*, read the testimonies of some of the travellers and view photos of the main activities and visited places (follow table below).

DAY	PLACE	ACTIVITIES & VISITS
24/03	Kunming	• Group's arrival
25/03	Kunming	• Grand Opening of the new Headquarters • Disciple Ceremony
26/03	Dali	• Three Pagoda Park • Dali's ancient Town
27/03	Lijiang	• Jade Dragon Mountain • Blue Moon Valley
28/03	Shangri-La	• Pudacuo National Park • Dukezong old Tower
29/03	Lijiang	• Tiger Leaping Gorge
30/03	Lijiang	• Shuhe ancient Town
31/03	Kunming	• Beginning of Seminar

View more photos of this Trip at:

[www.taichichuan.com.br/china2017.php](http://www.taichichuan.com.br/china2017.php)

Also read in our **Newsletter n° 7** (aug 2015) the *"Diary of the Trip to China"*, made by our group in 2015.





# GRAND OPENING

## Grand Opening of Kunming Headquarters

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Official photo of the Yang Family Masters, in front of altar in honour of the preceding Masters of the lineage transmission, at the new Training Base



Grandmaster Yang Zhenyuan, Master Yang Jun and Government authorities at the official opening of the International Yang Family Tai Chi Chuan Association's new Headquarters in Kunming

Our trip to China in 2017 was a very enriching experience, with much learning and strong emotions. Visiting another country — China this time, is always gratifying and enriching, when our minds are opened to learn and live different experiences. When we encounter other traditions, and also different languages, foods and cultures, we have to adapt, accept and respect these differences, even though we're not familiar with them.

We must get out of our comfort zone. It's a great chance to learn, grow and evolve in many aspects. Only those who had this experience can feel how special it is to live these moments in "another world", like China.

It was truly a very intense trip, because we got to know and learn with great Tai Chi Chuan Masters and fellow practitioners, we visited some national parks of indescribable natural wonders, and had the privilege to go to some ancient villages — inhabited by ethnic minorities with extremely rich cultures.

While getting to know spectacular places and participating in interesting events and activities, we also made new friends, establishing stronger bonds with Tai Chi Chuan practitioners from other countries. It's an experience filled with memories and knowledge that we'll enjoy throughout our lives.

Once more I appreciate the opportunity of travelling to China alongside many students, friends and fellow Tai Chi Chuan practitioners. Now, we'll prepare for the next China Adventure!"

Prof. Fernando De Lazzari



## BEST MOMENTS OF THE

## In Dali DALI

Visit to the ancient city  
of Dali, at Yunnan Province.

It's one of the major  
historical cities in China.

It used to be a gateway  
to the Silk Route  
in southwest China.



## IN LIJIANG In Lijiang



Visit to the Jade Dragon Mountain National Park, near Lijiang city in Yunnan Province.  
Shanzidou – the park's highest mountain, has an altitude of 5.600 meters.





# TRIP to CHINA 2017

## In Shangri-La



Buddhist Temple at Shangri-La city – major influence of the Tibetan people. The traditional city of Shangri-La is situated in Yunnan Province, almost bordering Tibet.

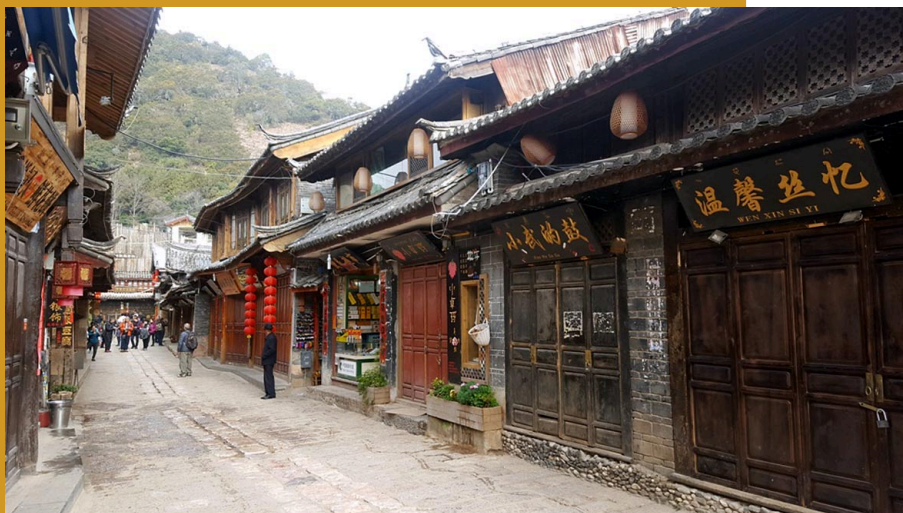
“Travelling to China is always a surprise. In the south, there are perfect places to find peace and tranquility. Parks with mountains and snowed peaks, lots of vegetation and wildlife. Besides picturesque villages and their vibrating regional cultures.

Each region in main China has different characteristics — so rich, because the longstanding culture is always present, even in the most modern city.

These trips offer many experiences and knowledge, which I'm certain have a lot to add to our life's history, and I'm thankful to all who had the opportunity to share these memorable moments. These moments with you all were really great!”

Dra. Cenira Braga Barros

## In Lijiang



Visit to Shuhe ancient Town, near Lijiang city at Yunnan Province. In 1997, both Shuhe ancient Town and Lijiang city were declared World's Cultural Heritages by UNESCO





## BEST MOMENTS OF THE

SEMINAR WITH  
Seminar with Master Yang Jun  
MASTER YANG JUN

Above: Attendees of the Special Tai Chi Chuan Seminar with Master Yang Jun.  
Below: Special Tai Chi Chuan class with Master Yang Jun at the new Headquarters.



“When we dedicate ourselves to such a profound Art as Tai Chi Chuan, going to China is like getting a little closer to the origin of all this knowledge.

Strolling through historic places associated with Martial Arts and Tai Chi, we gradually begin to feel more connected to the Chinese culture, and this contributes to our learning process and development of the Art.

I was very honoured to attend the Grand Opening of the new Center in Kunming and the Disciple Ceremony. It's a pleasure to see that Yang Family Tai Chi Chuan is spreading, and that we're part of this amazing history.

It's also an opportunity to meet our brothers in practice from all around the world, and see that we are walking this wonderful path at the same time. Eager for our next adventure!”

Ana Horta Brunotte





# TRIP to CHINA 2017

“Of all the wonders that still awaits us in this world, surely some of them are in China. Even with the modernization of the cities and the quick pace of today's reality, China is still able to preserve its charm, in the contrast of the ancient and the brand new. The preserved historical cities tell us a little about their past, with their underground galleries full of stores and electronic appliances.

This time, we had the chance of visiting regions inhabited by ethnic minorities. Other habits, another form of writing — definitely another world. Things that you can't grasp only by reading books or on the internet. Also joyful is to meet again, or for the first time, our Tai Chi Chuan brothers who, even though living in distant parts of this planet, have similar interests; despite language barriers, when we practice Tai Chi Chuan we're able to understand each other, feeling like one big family under the Heavens.”

Davi Garritano



In the universal spirit of Tai Chi, the travellers practiced the Form in several public spaces, such as airports and this Mall above

“I'm beginning to learn Tai Chi Chuan, and for the past year I'm attending the Instructor's Graduation Course with Prof. Tobias Velho, in Brasília - DF.

Even though I'm not familiar with all the 103 movements of the Long Form, I decided to participate in the International Tai Chi Chuan Seminar with Master Yang Jun.

I understood that what's important is to immerse in its philosophy, and that all other things — such as performance, comes from each one's own perception according to the level of knowledge. It was extremely worthwhile to attend the Seminar — owing to the thorough explanations, the attention given to the students, individually correcting them.

The Grand Opening Ceremony of the Yang Family Tai Chi Chuan Association's Headquarters in Kunming was a touching moment of this trip, regarding China's cultural richness, expressed by the colorfulness of Yunnan Province's traditional dances.

As for EQUILIBRIUS's Tai Chi family group, and Prof. Fernando De Lazzari, nothing but compliments! I met friendly and welcoming people, with whom I wish to travel many times again!”

Setsuko Kawano Mori



## 3<sup>rd</sup> International Workshop of Therapeutic Chi Kung & The Way of Natural Healing

with **MASTER HELEN WU**  
in Ribeirão Preto – SP – Brazil  
**AUGUST 11<sup>th</sup> – 13<sup>th</sup>, 2017**

For the third time, EQUILIBRIUS is proud to bring Master Helen Wu to Brazil. This year, she will teach the **24 Postures Therapeutic Chi Kung's** complete sequence (*Wu Yi Jie He*), the **Five Animals Chi Kung** sequence (*Wu Qin Xi*) and **Self-Acupressure** techniques for health improvement.

She will also share her knowledge about *Chi* energy development, the energy meridians and oriental philosophy – concerning the way of natural healing and prevention of illnesses.

Any person, regardless of age, can attend this Workshop. No experience in Chi Kung, Tai Chi Chuan and Oriental Arts is required.

The sequences were created as a way of diminishing chronic pains, preventing health problems, reducing tensions and stress, regulating physiologic functions, improve circulation, boost the immune system, thus resulting in mental wellness.

**M**ASTER HELEN XIAO-RONG WU was born in Shanghai – China, in 1956. When she was 3-years old, she began training and studying Martial Arts with her grandfather, *Zi-Ping Wang* – legendary Martial Artist and Traditional Chinese Medicine Doctor.

She also studied with her mother – *Ju-Rong Wang*, the first female person to become a Martial Arts Teacher in China.

Master Helen Wu gathered expertise in several different *Kung Fu* and Tai Chi Chuan styles, and graduated in Physical Education at the University of Shanghai in 1982. She wrote five books about Tai Chi Chuan, *Wushu*, traumatology and sports medicine.

Nowadays, Master Helen Wu teaches Tai Chi Chuan and Chi Kung at the *School of Kinesiology and Health Science* of York University in Canada, where she lives since 1989.

View **detailed information** about Master Helen Wu, about the Chi Kung sequences, the schedule, prices, payment options and registration in the website:

**[www.taichichuan.com.br/helenwu\\_2017.php](http://www.taichichuan.com.br/helenwu_2017.php)**







## Student Testimony

Personal views about the  
practice of Tai Chi Chuan

"Being a music student, I've been researching about ways to improve musical performance through physical consciousness, and that's how I discovered Tai Chi Chuan.

I found out that Martial Arts, generally speaking, work with physical consciousness, and adding to my interest in practicing one of them, EQUILIBRIUS came by. Deeper engaging in the Art, not only the physical aspect would improve, but also there were many other benefits.

This Art – with its solid theory and philosophy, taught me about patience, perseverance, flexibility, meditation, tranquility, and above all, how to apply all this knowledge in my life and musical studies.

There couldn't be any other result: my health improved, it changed the way I see the world, I'm constantly learning and my musical performance got better and better.

Tai Chi Chuan has this incredible capability to make you break your limits and constantly evolve – there's always something new to learn, a posture to perfect, an application to defend yourself – and that, I believe, is one of the brightest highlights (among many others) that this rare gem has.

At each practice, I get more involved and satisfied, seeing life in many other ways, getting insightful about human nature, and expanding limits until the "ultimate supreme".

*João Paulo Bastos Freitas*

When a friend invited me to practice Tai Chi Chuan, I was curious to know what it meant, because, for a long time, I've been observing some of its practices, with slow and interesting movements.

Since that day, I began to attend classes and my interest in this practice – which basically works both physical and mental health, grew.

Practicing it for 3 years, I can say that the motivation in continuing is the aim to achieve better physical and mental health, which gives more consciousness, peacefulness and a sensation of well-being.

I can assure, with confidence, that Tai Chi Chuan is helping me to be more patient in stressful situations – very common nowadays, such as family issues, behaviour in traffic conditions, during arguments, as well as in the relationship with other persons in general, etc.

It's a practice that benefits our mental health as well as the physical one, and beneficial in so many other aspects."

*Elóvis Moda*

Feb 18<sup>th</sup>

Class and Chinese New Year Celebration, with Profs. Castro Junior, Joab Xavier and Profª Zhou Jinzhi, at Confúcio Institute, Ribeirão Preto, SP

Feb 19<sup>th</sup>

"Tai Chi at the Park", with Prof. Geraldo Teixeira, Bosque dos Buritis, Goiânia, GO



Opening Tai Chi Chuan class with Prof. Tiago Tosi at Espaço Pleno Viver, Belo Horizonte, MG

Mar 4<sup>th</sup>

Open classes at Oliveira Mello Construtora / City Incorporadora real estate launch enterprise, with Prof. Geraldo Teixeira, Goiânia, GO

Mar 14<sup>th</sup> & 15<sup>th</sup>

"Chinese Physical Practices – Chi Kung & Tai Chi Chuan" open classes with Prof. Castro Júnior, at Health Center of Vila Tibério School, Ribeirão Preto, SP

Mar 17<sup>th</sup> & 24<sup>th</sup>Mar 24<sup>th</sup>

Opening of the SBTCC's Joinville headquarters – Director Prof. Cláudio Montenegro, and Long Form & Tui Shou Seminars with Profª Angela Soci, Joinville, PR



**Apr 1<sup>st</sup>**

Horticulture Workshop – “Planting in Urban Surroundings”, with lecture by Dra. Adriana Rizzo, Ribeirão Preto, SP



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First Tai Chi Chuan Seminar with Master Yang Jun at the new Association's Headquarters, Kunming, China

**Apr 2<sup>nd</sup>**



**Apr 21<sup>st</sup> & 22<sup>nd</sup>**

Instructors Reunion & Advanced Tai Chi Chuan Training, Ribeirão Preto, SP



**World Tai Chi Chuan Day Celebration**

**Apr 29<sup>th</sup>**

Belo Horizonte, MG,  
with Prof. Tiago Tosi



Ribeirão Preto, SP, with  
Prof. Fernando De Lazzari



Goiânia, GO, with  
Prof. Geraldo Teixeira





## COURSES • EVENTS • SPECIAL ACTIVITIES

at EQUILIBRIUS • Ribeirão Preto • SP

**Tai Chi Chuan Instructor's Graduation Course**

Professional Graduation Course  
recognized by the *International Yang Family Tai Chi Chuan Association*.

**Monthly Graduation Course**

Organizing a new group

**Intensive Graduation Course**

1<sup>st</sup> Module: May 12<sup>th</sup> – 21<sup>st</sup>, 2017

**Introduction to Do-In (Acupressure)  
and Traditional Chinese  
Medicine Fundamentals Course**

Starts: April 29<sup>th</sup>, 2017

**Meditation Course**

Starts: May 17<sup>th</sup>, 2017

**Pa Tuan Chin Course**

Eight Pieces of the Brocade

**Main Course**

Date: June 3<sup>rd</sup>, 2017

**Advanced Course**

Date: July 22<sup>nd</sup>, 2017

**Meditation and Breathing  
Exercises Workshop**

Date: July 1<sup>st</sup>, 2017

**Instructors Reunion & Advanced  
Tai Chi Chuan Training**

Date: July 8<sup>th</sup>, 2017

**Tai Chi Saber Intensive Course**

Date: to be defined

## other places

**3<sup>rd</sup> International Workshop  
of Therapeutic Chi Kung  
with Master Helen Wu**

Date: August 11<sup>th</sup> – 13<sup>th</sup>, 2017

Place: Ribeirão Preto - SP

**Tui Shou Seminar with  
Prof. Jefferson I. Duarte**

Date: May 27<sup>th</sup> & 28<sup>th</sup>, 2017

Place: Goiânia - GO

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