

“T’ai Chi, in the essence of its philosophy, represents the Way of Balance and Harmony between the Supreme Spirit, Man, and Nature.

Through consistent, and devoted practice, and through sincere adherence to the highest values and virtues of this art, the deepest, highest and most profound levels of spiritual awareness may be realized.”

— Lenzie Williams

Maryland Weekend Workshop with Lenzie Williams

September 26 morning and afternoon sessions will be held at Grace Episcopal Day School, Kensington, Maryland

September 27 morning and afternoon form class will be held at Glen Echo Park, Glen Echo, Maryland

Saturday Morning Form Corrections (1)

Warm-ups, meditation and correction of the form through Cross Hands.

Saturday, September 26, 2009

Grace Episcopal Day School

9411 Connecticut Avenue, Kensington, Maryland

9:30 am - 12:00 pm

\$75.00

Note: This class is open to students who have studied, as a minimum, the first third of the form.

Saturday Afternoon Form Corrections (2)

Correction of postures and transitions.

Saturday, September 26, 2009

Grace Episcopal Day School

9411 Connecticut Avenue, Kensington, Maryland

2:00 pm - 4:30 pm

\$75.00

Note: Form Corrections on Saturday afternoon and Sunday morning are open to students who have completed study of the whole form. Prior attendance at Saturday morning is not required.

Sunday Morning Form Corrections (3)

Advanced posture corrections and functions.

Sunday, September 27, 2009

Hall of Mirrors, Glen Echo Park

7300 MacArthur Boulevard, Glen Echo, Maryland

9:00 am - 11:00 am

\$60.00

Sunday Afternoon Push Hands

Push Hands exercises and free Push Hands.

Sunday, September 27, 2009

7300 MacArthur Boulevard, Glen Echo, Maryland

2:00 pm - 5:00 pm

\$90.00

Note: Push hands class is reserved for those who have attended Sessions 1, 2, and 3 of this workshop.

Further Information

For additional information, please contact Ellen Kennedy at emearskenn@aol.com or 301-320-9014.

Maryland Weekend Workshop Registration Form

September 26-27, 2009

Last Name: _____

First Name: _____

► e-mail: _____

Address: _____

City: _____

State: _____ Zip: _____

Daytime Phone: _____

Evening Phone: _____

Current Teacher: _____

Check the class or classes for which you are registering:

Saturday Morning Form Corrections (1)

September 26, 9:30 am - 12:30 pm \$75.00

Saturday Afternoon Form Corrections (2)

September 26, 2:00 pm - 4:30 pm \$75.00

Sunday Morning Form Corrections (3)

September 27, 9:00 am - 11:00 am \$60.00

Sunday Afternoon Push Hands

September 27, 2:00 pm - 5:00 pm \$90.00

Note: Requirement for Push Hands class is to have attended Sessions 1, 2, and 3 of this workshop.

Make check payable to *Glen Echo T’ai Chi* and send payment with Registration Form to:

Ellen Kennedy

6500 Broxburn Drive

Bethesda, Maryland 20817-4708

Confirmation will be e-mailed unless no e-mail address is available, confirmation will be by telephone.

Calligraphy by Benjamin Lo

Training Approach

Form practice consists of three aspects:

Flow, Posturing and Meditation.

Form Flow cultivates consciousness and fluidity of movement, to embody the guidance from the classics: "Let the postures be without breaks or holes, hollows or projections, or discontinuities and continuities of form."

Posturing cultivates strength, stamina and consciousness of detail. Attention to transitions cultivates sinew development and flexibility.

Correction of alignment and position develops internal organization and relaxation, which in turns gives access to internal power.

Standing Meditation cultivates the tan tien as the accumulator and generator of chi. By developing increased presence and focus, it is a significant tool in both the spiritual and martial aspects of the art of T'ai Chi.

Push Hands is the application of T'ai Chi principles experienced in form practice to situations of dynamic interaction with others. The practice will consist of structured exercises and freeform play at low and medium intensity, giving the best opportunity for conscious yielding and pushing. "From the softest and most yielding comes the strongest and most unyielding."

Instructor

Lenzie Williams was one of the first students to study with Mr. Ben Lo when he came to San Francisco at the urging of his teacher, Professor Cheng Man-Ch'ing. Lenzie has continued to deepen his relationship with Mr. Lo over 30 years as his student, and in the last 20 years he has developed his own reputation as a practitioner and teacher of t'ai chi both here and abroad. He is highly regarded for his faithfulness to the spirit and detail of Professor's form as carried forward by Mr. Lo. His students respond both to his clarity as a teacher and his ability to introduce them to the spiritual aspects of the art. After successfully competing in national tournaments, Lenzie has shared his gifts as a teacher of Push Hands, providing a safe and cooperative context where both beginning and advanced students develop their martial abilities.

Maryland Weekend Workshop

with
Lenzie Williams



Professor Cheng Man-Ch'ing's
Simplified T'ai Chi Ch'uan
September 26-27, 2009
