



MASTER JAN SILBERSTORFF



ESSENTIAL TAIJIQUAN
THE FIRST FIVE MOVEMENTS OF TAIJIQUAN
STANDING, SILK REELING, PUSH HANDS, APPLICATIONS

January 14-15, 2012

Embrace The Moon Taijiquan & Qigong is honored to welcome Master Jan Silberstorff back to Seattle, WA. This year, Master Silberstorff will take us deep into the first five movements of Taijiquan. We will begin with standing correction & a lecture on the main principles of Taijiquan. Then, Jan will review the Silk Reeling and Dantien movements, leading into correcting the postures of each of the 5 movements. Finally on Sunday, students will have an opportunity to expand their experience into the application of these movements and how they can help us with push hands. Time permitting we will see how what we have learned is reflected throughout the longer sequences of our Taiji. This workshop will deepen both your understanding of the physical nature of the practice and the meditative qualities, furthering your personal relationship with Taijiquan. All levels of experience are most welcome, including beginners and those from other styles. Jan became the first Western indoor student and family disciple of Grandmaster Chen Xiao Wang in 1993 and now teaches in 15 countries around the world as a 20th Generation successor of the Chen family. Recommended reading is the recent English translation of one of Jan's inspiring books recently translated into English: *Chen: Living Taijiquan in the Classical Style*.

SAT. 9:30 AM - 12:30 PM; 2:00 - 5:00 PM STANDING, SILK REELING & POSTURE CORRECTION

SUN. 9:00 AM - 12:00; 1:30 - 4:30 PM APPLICATIONS & PUSH HANDS

\$100/DAY FOR SATURDAY OR SUNDAY

\$180 WHOLE WORKSHOP

SPECIAL POTLUCK LECTURE, Q&A SESSION SATURDAY EVENING
BY DONATION FOR "THE ISLAND OF THE CHILDREN" PROJECT

FOR MORE INFORMATION & REGISTRATION:

www.embracethemoon.com - (206) 789-0993

ESSENTIAL TAIJIQUAN WITH MASTER JAN SILBERSTORFF