

# YMAA Regional Gathering

Saturday, April 27, 2024, 10- 4



Bill Buckley  
Taiji Form &  
Qigong warmup



David Grantham  
Taiji Ball  
Exploration



Roger Whidden  
Dao de Jing  
8 Levels of  
Alchemy



Jeff Rosen  
Jing Exploration

## Celebrate World Taiji & Qigong Day!

### **Schedule:**

- 10:00: Qigong warmup
- 10:30: Taiji form practice
- 11:00: Taiji Ball exploration
- 12:00: Lunch
- 1:00: Dao de Jing Chapter 1 discussion
- 1:30: 8 Levels of Internal Alchemy
- 2:00: Jing exploration
- 3:00: Teachers' meeting &  
Testing with Michelle Lin

*Hosted by GateWay Taiji, Qigong & Yoga  
Free & open to all YMAA-affiliated students, alums and friends  
All skill levels welcome  
Come for part or the entire day  
Plenty of restaurants nearby  
Coffee & bagels will be provided*



Questions: [bill@gatewaytaiji.com](mailto:bill@gatewaytaiji.com)  
875 Islington St, Portsmouth, NH