

FULL CIRCLE SYNERGY IS ONCE  
AGAIN PROUD TO HOST  
DON ETHAN MILLER'S  
RETURN TO MAINE

DANCE of DRAGONS  
&  
TAI CHI WORKOUT PART 2

SAT. SEPT. 11th, 2010  
10:00 am - 5:00 pm



Don Ethan Miller has studied Asian martial and Energy arts for over 30 years. Starting in Judo & Tae Kwon Do, he progressed to Tai Chi, Shing Yi, and Yi Chuan: and has also studied Jeet Kune Do, Muay Thai, Ki-Aikido, ErMei Chi Kung and Kuntao Silat de Thouars. He was four time National Champion in Tai Chi tui shou sparring. Also a prizewinning poet, journalist, and screenwriter, he is known for his ability to make advanced “esoteric” concepts and skills accessible to everyone. He has also produced four instructional video/DVD’s and is the creator of the Tai Chi Inspirations Calendar. His workshops are filled with love, laughter and learning. Upgrades Guaranteed



School of  
Tai Chi Chuan

500 Forest Ave.  
Portland, ME 04101  
[www.fullcirclesynergy.com](http://www.fullcirclesynergy.com)

Don Ethan Miller  
Returns to Full Circle Synergy

The Dance of Dragons:  
“2-Person Tai Chi”  
&

The Tai Chi Workout part 2:  
“Tai Chi in Daily Life”

Sat. Sept. 11th 2010 10 am -5 pm



# THE DANCE OF DRAGONS

2-Person Tai Chi

10:00 am-1:00 pm



Tai Chi is equally an art of self-development, and of interaction.

Many of the most valuable qualities of the art—such key principles as rooting,, sinking the chi, central equilibrium, softness, spirals, neutralizing/transforming, sensitivity“, energy projection, jings, etc--can only be fully realized through practice with others.

In this workshop we will explore a variety of ways in which 2-person practices—including both traditional Tui Shou (“pushing hands”) and many other games, exercises, and experiments—can be used both to improve one’s interactive capabilities and be recycled back into one’s solo practice. Discovery and laughter guaranteed!

Open to practitioners on all levels: there will be material appropriate for those with no previous “hands-on” Tai Chi experience as well as for the experienced Push Hands player or martial artist.

THIS TWO-PART WORKSHOP IS OPEN TO TAI CHI, CHI KUNG, AND INTERNAL MARTIAL ARTS PRACTITIONERS OF ALL LEVELS; HOWEVER, THIS WORKSHOP IS PRIMARILY ORIENTED TOWARDS PRACTITIONERS WITH AT LEAST SIX MONTHS TO ONE YEAR OF EXPERIENCE AND WILL BE OF GREAT VALUE EVEN TO THOSE WITH 5 OR MORE YEARS OF PRACTICE.

# THE TAI CHI WORKOUT

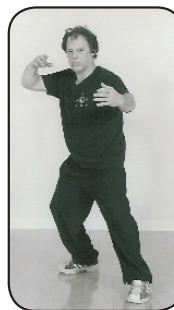
Part 2: Tai Chi in Daily Life

2:00 pm-5:00 pm



This is a follow up to Don’s March workshop at FCS, “The Tai Chi Workout,” in which participants explored why they are really practicing Tai Chi and how to design a personal practice that would most directly lead to progress in one’s individual goals and aspirations.

In this workshop, we will continue the process of constructing a regular practice (or “workout”) that leads to demonstrable progress; and go further in creating mini or “instant” Tai Chi practices—that take anywhere from 1 minute to 5 or 10 seconds; and in examining how almost any activity of daily life—from washing the dishes to driving a car to taking a shower or shoveling snow—can become an occasion to practice Tai Chi.



Open to all, whether or not you have attended the March workshop. However, at least 3-6 months of Tai Chi practice should be considered a pre-requisite.

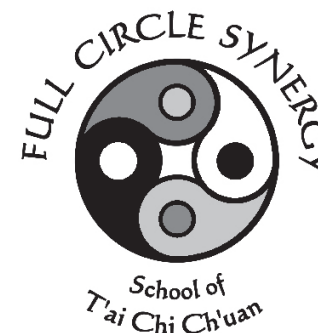
**DON ETHAN MILLER RETURNS  
TO FULL CIRCLE SYNERGY**

**Sat. Sept. 11th, 2010  
10am-5pm**

**TO REGISTER CALL: 780-9581**

**COST: \$105 if registered & paid by Sept.3rd  
After Sept. 3rd the cost is \$125.**

This workshop is limited to 25!  
Interest in this workshop is already high.  
Pre-registration is recommended!



Workshop will be held at:  
**FULL CIRCLE SYNERGY**  
500 Forest Avenue  
Portland, Maine 04101

[www.fullcirclesynergy.com](http://www.fullcirclesynergy.com)

Directions:  
Full Circle Synergy is located at 500 Forest Ave, in Portland, Maine. If you are heading north on Forest Avenue, away from downtown Portland, the school is one half mile north of I-295, on your left, just prior to the Mobile Station and the Great Lost Bear. Parking is available in the parking lot behind the school off Noyes Street. Additional on street parking is available near-by.