

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

DRAGON PLAYS WITH BALL
&
THE INTERNAL WORKOUT

SAT. MARCH 27TH, 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

Don Ethan Miller
Returns to Full Circle Synergy
“Dragon Plays With Ball”
&
“The Internal Workout”
Saturday, March 27th 2010



Using equipment and resistance to develop tai chi jings and qualities.

Realistic training to guarantee progress in tai chi and internal martial arts.

DRAGON PLAYS WITH BALL

Using equipment and resistance to develop tai chi jings and qualities.

10:00 am-1:00 pm



The abilities and qualities which make Tai Chi a uniquely powerful system of self-development--rooting, sinking, spirals, expand/condense, effortless movement, sensitivity, calmness, energy circulation, power without strain, etc--are not easily acquired through forms practice and/or pushing-hands (tui shou) training. In fact, many of the qualities can only be reliably acquired by the correct use of equipment and special forms of resistance to evoke and activate Tai Chi's "jings", or energy-manifestions.

In this workshop we will play with a variety of equipment and (non-competitive) 2-person exercises to bring out the jings and experience them in a direct tangible way. The practices are fun, easy to learn, and are a "shortcut" to gaining some of the supposedly higher level Tai Chi skills that many people spend years without ever acquiring.

Please bring (if you have them): light and medium weights (2 to 35 pounds); balance disks and/or Bosu balls; large exercise balls (spheres); long sashes, small pillows; rocks, stones, feathers, sticks and staves!

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 INTERNAL WORKOUT



Realistic training to guarantee progress in tai chi and internal martial arts.

2:00 pm-5:00 pm

As Cheng Man Ching said, "Tai Chi is not magic. It's real." However, many practitioners take a "magical" approach to Tai Chi, believing that if they just practice the form(s) for years they will somehow gain mastery of the art.

This workshop takes the opposite approach: Tai Chi is composed of certain skills, qualities, and attributes, each of which can be developed through specific practices over time (gung fu). In this workshop we will look at what the basic components of an effective Tai Chi "workout" should consist of, and how specific Tai Chi and Internal abilities can be cultivated through special exercise programs for each quality.

"Workouts" can range from 3 minutes to 3 hours, and can be tailored for each individual's interests and capabilities—emphasizing for example, stress reduction or physical vitality or internal power or transcendent states.



DON ETHAN MILLER RETURNS TO FULL CIRCLE SYNERGY

Saturday, March 27th, 2010
10am-5pm

TO REGISTER CALL: 780-9581

COST: \$105 if registered & paid by March 19th
After 3/19 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

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.