

2017 Health Qigong San Francisco Forum

健身气功旧金山论坛

Chinese Health Qigong

Time-tested health enhancing exercises for body & mind

健身气功—源自中国的古老养生之道



Jointly Hosted by 联合主办:
Shaolin Temple USA, Chinese Health Qigong Association
旧金山少林文化中心、中国健身气功协会



Fri. 9/22 • 12 noon
Shaolin Kung Fu & Health Qigong Performance

少林功夫及健身气功展演
@ Stanford University 斯坦福大学

Sat. 9/23 • 10 am - 3 pm
Health Qigong in the Park

健身气功交流展示大会
@ Union Square Plaza, San Francisco
旧金山联合广场

Program 节目:

- 10 am • Opening Ceremony 开幕式
- Parade of the Athletes 运动员进场仪式
- Introduction of organizers, sponsors & guests; ribbon cutting
介绍主协双方主要负责人、嘉宾; 剪彩
- 500 People Group Qigong: Baduanjin
500人集体演练健身气功《八段锦》
- One Hundred Flowers Bloom
百花齐放: 团体自选气功套路同时演练
- Health Qigong Demonstration by Qigong Masters from China
中国健身气功专家功法演示
- Shaolin Kung Fu Performance by Shaolin Temple USA 少林文化中心功夫表演
- Awards to Health Qigong Promoters
颁奖礼: 向健身气功推广者颁奖

1:30 pm • Qigong Exchange
中国代表团与会员团队交流健身气功

Exhibit: 5,000 years of Chinese Health Qigong

展览《中国健身气功五千年》
Consultation: Ask a Chinese Master
健身气功免费咨询

Sun. 9/24 • 10 am - 4 pm
Academic Forum: Health Qigong & Scientific Health Cultivation

《健身气功与科学健身》学术论坛
@ DoubleTree by Hilton, Fremont-Newark
希尔顿逸林酒店 • 39900 Balentine Dr., Newark

Program 议程:

- 10 am • Opening Ceremony 开幕式
- 10:20 am • Part 1 第一场
 - Report 1 by Shi Aiqiao (10 min Q&A)
报告1: 石爱桥 (10分钟答疑与互动)
 - Demonstration/Audience Participation Yijinjing • with Liu Xuedong
功法体验 — 易筋经 • 刘学东
 - Report 2 by Hugh Brent Solvason (10 min Q&A)
报告2: 休 • 布伦特 • 索佛森 (10分钟答疑与互动)
- 11:40 am-1:30 pm • Lunch Break 午餐
- 1:30 pm • Part 2 第二场
 - Report 3 by Yan Kejia • 报告3: 晏可佳
 - Demonstration/Audience Participation Five Animals Flolics • with Li Jinlong
功法体验 — 五禽戏 • 李金龙
 - Report 4 by Philip Yang • 报告4: 杨磊
- 2:30-2:50 pm • Tea Break 茶歇
- 2:50 pm • Part 3 第三场
 - Report 5 by Cao Yan • 报告5: 曹彦
 - Report 6 by Tao Shuoxiu • 报告6: 陶朔秀
 - Demonstration/Audience Participation
功法体验 — 八段锦 • 刘学东
- 3:40 pm • Part 4 第四场
 - Dialog: Speakers & Attendees
与会专家现场人士对话交流
Moderator: Li Jinlong (主持: 李金龙)
- 4:00 pm • Closing Ceremony 闭幕式
 - Delegation Leader Xin Yi Presents Certificate of Appreciation to Speakers
辛沂领队向专家颁发证书
 - Group Photo 全体合影

Mon. 9/25 • 10:30 am
Health Qigong & Longevity

《健身气功与延寿》讲座
@ Masonic Homes Auditorium, Union City
联合市 Masonic 退休之家礼堂 • 34400 Mission Blvd.

Tue. 9/26 • 6 - 9 pm
Health Qigong Workshops

健身气功骨干培训班
@ Shaolin Temple USA San Francisco Center
旧金山少林文化中心 • 5509 Geary Blvd., SF
@ Shaolin Temple USA Fremont Center
佛利蒙少林文化中心 • 4343 Peralta Blvd., Fremont

Sponsors 协办:

International Health Qigong Federation
National Tai Chi Wellness Foundation
San Francisco Recreation & Park Department
国际健身气功联合会
美国太极养生基金会
旧金山康乐公园局



Supported by 支持单位:

