



Satya Sattva Studio

<http://www.satyasattva.com/>

Tai Chi and Qigong Programs

<http://www.satyasattva.com/styles-and-forms/>

<http://www.satyasattva.com/workshops-taichi-qigong/>

Adina Riposan-Taylor, PhD

Adina's Tai Chi and Qigong Certifications:

- IIQTC Certified Tai Chi and Qigong Teacher
- Wu Style Tai Chi and Qigong Certified Teacher

Heritage and Lineages:

- Integral Tai Chi and Qigong: Institute of Integral Qigong and Tai Chi (IIQTC)
- Wu Style Tai Chi: Nourishing Life & Chinese Tai Chi Master Yang Cheng Long
- Grandmaster Mantak Chia and the Universal Tao

Children and Youth adapted courses:

- Amelia Island Montessori School, Fernandina Beach, FL
(Classes for the after-school program, ages 5-10)
- Pediatric Associates of Jacksonville, Jacksonville City, FL
(Classes for Autism Spectrum Disorder children and accompanying parents)
- Sanctuary on 8th Street, Jacksonville City, FL
(Contributing free volunteer classes to support children and teenagers living in marginalized neighborhoods and concentrated poverty in the city, who are considered at-risk due to life circumstances; a mentorship program for homeschooled children and after-school.)

Elderly-adapted courses:

- Osprey Village Retirement Community (Senior Living Communities, LLC), Amelia Island, FL
- Sunflower House (Aging Matters Brevard), Merritt Island, FL
- Addington Place of Titusville (Symphony Senior Living), Titusville, FL
<http://www.satyasattva.com/uncategorized/taichi-qigong-for-the-elderly/>

Regular courses:

- Ocean Club - Omni Resorts, Amelia Island Plantation, FL
- Omni Resorts (Fitness Center), Amelia Island Plantation, FL
<http://www.satyasattva.com/uncategorized/omni-resorts-amelia-island-plantation/>
- Satya Sattva Studio, Amelia Island Plantation, FL
- AmeliaFit, Amelia Island Plantation, FL
- Enchanted Forest Sanctuary, Brevard County, FL
- Hridaya Yoga School, Mazunte, Mexico



Children and Youth Adapted Tai Chi and Qigong Classes

- **Animal Frolics Qigong for Children & Parents**
Fun, Qi (energy) cultivation, symbiosis with nature, empathy and compassion!

In this course we dynamically and interactively learn and practice the ancient Qigong forms inspired from the life of the animals (the classic Wu Qin Xi style exercises, *adapted for children*), bringing together the unlimited wisdom of Nature and traditional Chinese medicine concepts. This mind-body practice involves coordinating breathing patterns with physical postures that imitate the particular movements of the animals, to maintain health and well-being, balance and harmony, peace and serenity.

Age: Primary through 5th Grade (Parents may participate, too!)

- **Integral Qigong for Children & Parents**
Bu Zheng Qigong (Vitality Enhancement Method) and the 9 Phases Qigong Form

Bu Zheng Qigong: Revitalizing warming-up exercises that bring the body, mind, and breath in the optimal state – the prerequisite for a successful Tai Chi & Qigong class.

9 Phases Qigong Form: Qi (energy) Cultivation & Mastery, a beautiful and regenerating mind-body practice integrating an array of traditional Qigong forms and key principles of Chinese medicine, designed to develop peace and serenity, balance and harmony, health and wellbeing, and guide us to awaken our True Nature and Eternal Self.

Age: 6th Grade and higher (Parents may participate, too!)

- **Tai Chi Walk**

Add-on to the Integral Qigong course, as students progress in their practice, introducing free-style Tai Chi walk and teaching the main elements and principles of Tai Chi Walk, in preparation for more advanced forms of Tai Chi.

Age: 6th Grade and higher (Parents may participate, too!)





Tai Chi and Qigong for the Elderly

<http://www.satyasattva.com/uncategorized/taichi-qigong-for-the-elderly/>

**Featured in events at Osprey Village Retirement Community: Active Aging Week of the International Council on Active Aging; National Senior Health and Fitness Day.*

Adina's program teaches an adapted gentle contemplative Qigong intervention based on the Integral 9 Phases Qigong form of the Institute of Integral Qigong and Tai Chi, *modified for the elderly*.

The contemplative method includes: gentle slow movement (flowing, balancing, meditation in motion), constant weight shifting and alternating exercise between the left/right side of the body, mindful breathing methods, guided imagery, progressive relaxation, and specific mind strategies. The intervention integrates cognitive and physical components that increase parasympathetic function and interoceptive awareness (awareness of one's body from within), and gradually train balance and kinesthetic sense, which are an integral part of Qigong.

The method is taught after a preliminary practice of adapted Bu Zheng Qigong (Vitality Enhancement Method) which is a revitalising set of warming up exercises, appropriate to practice at the beginning of every class, in order to bring the body, mind, and breath in the optimal state – the prerequisite for a successful and efficient Tai Chi and Qigong practice session. The warm-up method includes: short meditation and intentful corrections for the body, breath and mind, gentle movements and progressive stretching exercises, mindful breath practice, and self-massage/tapping techniques.

We start both the warm-up method and the contemplative method on the chair (*as adapted chair-Qigong practice*) and we gradually bring the practice to standing (*if standing is possible and permitted*) while holding on the back of the chair or keeping the chair at immediate reach. The two stages are practiced for 30 minutes each.

**The Integral 9 Phases Qigong form is a beautiful and transformative contemporary Soft Martial Arts practice which, as described in the wisdom traditions, integrates an array of ancient forms of Qigong, key principles of Chinese medicine and mind-body awareness practice, as well as Daoist guidance toward 'inner stillness in motion', and awakening our 'true nature' and 'eternal self'.*

Introduced by The Institute of Integral Qigong and Tai Chi (IIQTC), founded by Dr. Roger Jahnke.
<http://www.instituteofintegralqigongandtaichi.org/>



Regular Tai Chi and Qigong Courses

<http://www.satyasattva.com/styles-and-forms/>

<http://www.satyasattva.com/workshops-taichi-qigong/>

Adina offers a variety of styles and forms, both traditional and modern. Our teaching style is adapted to the class and students' profile, starting at the beginners level and reaching more advanced levels and more complex forms as the students progress in their practice. We teach classes for peace and serenity, for balance and harmony, for health and prevention, for rediscovering our connection with Nature, as well as advanced forms meant for muscle and tendon transformation and Alchemic inner development.

Wu Style Tai Chi and Qigong:

Traditional Tai Chi style that may be practiced in the long or short form.

Adina's classes teach the practice of the short 18-form Wu Style Tai Chi,

The program also includes classes on Wu Style Qigong and Wu Style Meridian Stretching.

Integral Qigong and Tai Chi:

- Vitality Enhancement Method (Bu Zheng Qigong)
- Integral 10 Phases Qigong
- The Golden Elixir (The 7 Precious Gestures)
- Wu Qin Xi style – Five Animal Frolics
- Yi Jin Jing style – Tendon Changing Practice (Connective Tissues Transformation)
- Xi Sui Jing style – Marrow Washing
- Liu Zi Jue – Six Healing Sounds Qigong
- Integral Tai Chi (long 9/18 form, based on Yang, Chen, Sun, and Wu styles Tai Chi)
- Tai Chi Easy (short 5/10 form, based on Yang style Tai Chi)
- The Daoist Medicine Wheel
- Wuji Gong – Primordial Qigong
- Daoist Alchemy

Collaborations

- IIQTC (Institute of Integral Qigong and Tai Chi), Santa Barbara, CA
- Nourishing Life (Wu Style Tai Chi and Qigong), San Diego, CA
- Tai Chi Society Mandarin, Jacksonville, FL
- University of Notre Dame, IL

References

“As Chairman of the Member Enrichment Committee at our club, I arranged a series of Tai Chi teaching sessions for members by Adina Riposan-Taylor. I also participated in those sessions as well and they were well received. I have previously practiced Tai Chi with several other instructors and found Ms. Taylor to be outstanding. I firmly believe that there are many positive health effects derived from practicing Tai Chi.”

William L. Amos, Jr., M.D.

Chairman of the Member Enrichment Committee

Ocean Club - Omni Resorts

Amelia Island Plantation, FL

<https://www.omnihotels.com/hotels/amelia-island-plantation>

“The members here at Osprey Village have enjoyed the Tai Chi/Qigong classes taught by Adina Riposan-Taylor. The comments they have shared about their experience have always been positive. They have reported to feel more relaxed and have better flexibility, to be able to focus on the movements and enjoy the exercises, that the movements worked the entire body and mind even though it seemed quite simple. The overall consensus of the group is that doing the class on a consistent basis would yield positive results.”

Marni Jennejahn, Wellness Director

Osprey Village - Senior Living Communities, LLC

Amelia Island, FL

<https://osprey-village.com/>

