

Discourse on Tai Chi & Qi Gong healing therapies

Rubia Smolens

Wei Wu Tai Chi Addiction Treatment Centers, USA

Section I

- Self introduction and brief history on Rubia's path of study and how she develops her teaching and how it applies to addiction
- Medical benefits of Tai Chi & Qi Gong on the body and brain, and the importance of movement & body awareness therapy for addiction and rehabilitation
- Case studies from addicts in recovery programs and their responses to Tai Chi Movement Therapy
- Basic initiation to Chinese energetic meridian systems & chakra systems
- Narrative of Tai Chi & Qi Gong as healing arts/therapies (moving meditations)
- Itemization of select movements relating to meridian and philosophical components as we transition to the second part of the discourse

Section II

- Interaction with conference attendees
- Brief introduction to some Qi Gong & Tai Chi movements
- Close with short meditations

Biography

Rubia has been studying Yoga for 13 years and Tai Chi for 6. Yoga is her personal process, Tai Chi is her Divine calling. She has studied various forms of Yoga, and has exclusively studied Classical Yang Family Style Tai Chi & Iron Shirt Qi Gong; the forms she teaches. She currently teaches in Los Angeles, at the local YMCA, teaches for the Los Angeles Recreational Centers and teaches for private Addiction Rehab centers in Malibu California, she also works privately with individuals. Her gift: a positive energetic force for the healing process of all who feel the attraction to healing through movement, and her curiosity for the mystical elements of life. She teaches philosophy through these ancient arts; as each movement has a philosophical component that connects to everyone and especially those in rehabilitation going through intensive life changes. Her classes are different every time, adapting to the practitioners in her class. She is respected by her peers, her students and employers. Rubia brings an energy to her exchanges that is dynamic, sincere, heartfelt, positive and always healing.

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