The Science & Practice of Chinese Cultural Arts for Healthy Living

SERIES 2

Stemming from the 2015-2016 Series, each presentation includes all new lectures and more emphasis on hands-on learning sessions focused on how the traditional Chinese healing arts and Tai Chi/Qigong can be used effectively to enhance health and wellness in today’s world.

Presenter

Dr. Shin Lin (林欣) has extensive background in all of the fields he will be presenting in this series. On the Western side, he received his Ph.D. in Biological Chemistry at UCLA, and is currently a Professor in the Departments of Developmental and Cell Biology, and the Susan Samueli Center for Integrative Medicine at UC Irvine.

On the Eastern side, Dr. Lin completed formal coursework in oriental medicine, therapeutic massage, and acupuncture for physical therapy. He also trained for 15 years with 19th generation inheritor (傳人) of Chen Style Tai Chi, Grandmaster Chen Zheng-Lei (陳正雷) of China’s Chen Village (陳家溝), the birthplace of Tai Chi.


Admission

Reserve tickets via Eventbrite is recommended. Limited tickets available at door on a First Come First Serve basis. Processing fee $2 per ticket.

Location

MPR
South Coast Chinese Cultural Center
9 Truman, Irvine, CA 92620

Time       Phone
7:30-9:30pm 949-559-6868 ext 100

Email
ics@sccca.us

For more info
www.sccca.org
https://healthyliving-series2.eventbrite.com

The presentations will be in English with important concepts also given in Mandarin.

Session 1 - February 13, 2017
Biology of the Causes, Effects, and Prevention of Stress

Session 2 - March 13, 2017
Biology of the Causes, Effects, and Prevention of Inflammation

Session 3 - April 10, 2017
Science-Based Tai Chi with Music for Mind-Body Health

Session 4 - May 8, 2017
Science-Based Tai Chi for Muscle, Bone, and Cardiovascular Health

Session 5 - June 12, 2017
Science-Based Qigong for Stretching to Prevent Pain and Inflammation
THE SCIENCE & PRACTICE OF CHINESE CULTURAL ARTS
FOR HEALTHY LIVING (養生)

SERIES 2

1. FEBRUARY 13, 2017: BIOLOGY OF THE CAUSES, EFFECTS, AND PREVENTION OF STRESS

Hour-long lecture on the causes of mental and physical stress, their detrimental effects on the immune system, etc., and how integrative therapies and interventions can prevent and reverse these problems. Hands-on session on the most effective evidence-based stress relief methods, including Tai Chi/Qigong exercises and self-administered acupressure techniques.

2. MARCH 13, 2017: BIOLOGY OF THE CAUSES, EFFECTS, AND PREVENTION OF INFLAMMATION.

Hour-long lecture on how short term and localized inflammation is essential for healing and survival, while long term and systemic inflammation can lead to serious health problems such as pre-mature aging, cardiovascular diseases, inflammatory diseases, and cancer. The causes of the latter type of inflammation include stress, dietary imbalances, untreated injuries, etc. Hands-on session is on evidence-based mind-body exercises and self-administered acupressure techniques that can prevent and reverse unhealthy inflammation.

3. APRIL 10, 2017: SCIENCE-BASED TAI CHI WITH MUSIC FOR MIND AND BODY HEALTH.

After a brief talk on the science of enhancing health through mind-body exercises and music, the rest of this session is devoted to hands-on learning of evidence-based techniques combining the benefits of these two interventions: a set of simple Chen Style Tai Chi silk reeling exercises coordinated with popular Chinese and Western tunes. The resulting mind-body routines are both highly enjoyable and extremely effective in relieving stress, enhancing mood, improving sleep, and elevating blood flow and energy.

4. MAY 8, 2017: SCIENCE-BASED TAI CHI FOR MUSCLE, BONE, AND CARDIOVASCULAR HEALTH.

After a brief talk on the science of enhancing muscle/bone/cardiovascular health, the rest of this session is on hands-on learning of techniques aimed at this goal. A collection of evidence-based exercises selected from Chen Style Tai Chi will be taught. The circular combination of soft-hard, slow-fast control of movements and breathing, the embodiment of the Tai Chi Yin/Yang principle, will increase muscular strength/endurance/speed, joint and tendon function, bone density, cardiovascular capacity, blood circulation, autonomic response, and energy. These exercises are designed to complement those in Session 3, and are suitable for people of all ages who want to keep their mind and body in a youthful state.

5. JUNE 12, 2017: SCIENCE-BASED QIGONG FOR STRETCHING TO PREVENT PAIN AND INFLAMMATION.

A brief talk on research showing that stretching exercises are more than for warming up muscles and tendons, but are also extremely valuable for relieve of local pain and inflammation. The rest of the session is devoted to hands-on learning of stretching exercises selected from classical Qigong systems on the basis of laboratory research, including 5 Animals Frolic, 8-Section Silk Brocade, Tendon Changing Classic and movements depicted in the 2,000-year old King Ma’s Mound (Mawangdui) silk scroll. This set of exercises is designed to give static and dynamic stretches to every part of the body, while the accompanying breathing regulation can relief stress and improve mood and emotion.

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