

Janet Essley



Mission Statement:

Through performing the graceful and poetic movements of Tai Chi and Qigong, students will learn fundamentals of body structure and balance. Consciously moving their bodies through space, they may improve self esteem and learn to focus attention. Students will develop skills to assist them with stress reduction and conflict management.

Grades Served:

2-12, Adult

Lives In:

White Salmon, WA

Homestay:

Not required

Curriculum Connections

CL CS CT GH
LA MC MM SC
VA

Cloud Hands and Wild Geese: Traditional Chinese Movement Arts

Students will be introduced to cultural, historic, and health aspects of the traditional Chinese arts of Tai Chi and Qigong. The residency teaches individual and sequenced movements as a form of slow dance that can be performed individually or in groups. (Longer projects may collaboratively choreograph a new “dance” using traditional movements.)

Staff & Community Offerings

Staff workshops in performing Tai Chi movements for stress reduction as well philosophical overview of Tai Chi and Qigong. Individual handouts for teachers to facilitate teaching individual movements, and exercises for stress reduction.

Facilities & Supplies

A large classroom space or gym free from desks or other activities is preferable but not required. Workshop may be done in the classroom or hallway if other space is not available.

There are no materials costs for this residency. Special projects culminating in a performance may benefit from costumes.

About the Artist...

Janet Essley has practiced Tai Chi and Qigong for 30 years, taught adult classes for 10 years, and introduced Bravissimo students to these movement arts in 2005. Her teachers include Masters David Leung (Eugene) and George Xu (San Francisco) and she continues to study with their ongoing workshops with Grandmasters from China.

