

# The Spiritual Art of Chinese Calligraphy and Tai Chi

**Date: Thursday, December 29, 2016**

**Time: 6:00 PM to 8:00 PM**

**Location: Central Sq., Cambridge, MA**

**Fee: Free. An optional donation of \$10 or more is suggested.**

**Contact: [yungchisung@gmail.com](mailto:yungchisung@gmail.com) for RSVP & address.**

Facebook event invitation & pictures: <https://www.facebook.com/events/881929798610605/>

Be grateful to the year 2016, and be ready for the New Year 2017 by participating in this mindful and special workshop. Words with soul and lovely Chinese characters with spirit can inspire insight and add willpower in daily life. Dr. Sung, a native of Taiwan, is offering an interesting and informative workshop in Cambridge for all who love art and holistic works. Dr. Sung has a unique professional background in the field of education. Please see below for details.

In the first 30 minutes of the workshop, Dr. Sung will lead participants to practice basic Tai Chi movements, with a focus on breathing and the balance of energy within the self and with the environment (moving meditation). In addition, Dr. Sung will lead participants to practice the calligraphy of ancient hieroglyphs or modern regular script styles (kai-shu). Individualized instructions will be provided based on each participant's level of previous experience.

Furthermore, participants are encouraged to bring their favorite words in English and learn their translations in Chinese characters. Participants will practice writing the characters on paper. Afterward, the best characters will be designated "your artwork of the day". All will love the feel of each stroke and be amazed by power of each on as well as their meaning for the heart and for your well-being. Please come and learn this unique method of self-empowerment and healing in this creative and dynamic class. This workshop is appropriate for anyone age 10 and above. Children under 10 may be admitted with the instructor's prior approval.

## **- RSVP – ([yungchisung@gmail.com](mailto:yungchisung@gmail.com))**

Participants will receive hand written Chinese calligraphy. Dr. Sung will select a Chinese character or a word specifically for the participant (based on Dr. Sung's observation and understanding of the participant) and write the word or phrase on a paper in the front the participant. This individualized and thoughtful calligraphy is the participant's to keep. Dr. Sung will introduce some positive and spiritual words to welcome the New Year and Chinese New Year.

*This event is sponsored by YUAN3 CHIH4 EDUCATION INC. ([www.Yuan3Chih4Edu.org](http://www.Yuan3Chih4Edu.org)), a nonprofit organization promoting global education and health care resources sharing, and Tomoko's Wednesday Dinner ([781-646-7174](tel:781-646-7174)). All donations go to YUAN<sup>3</sup> CHIH<sup>4</sup> EDUCATION, INC. to promote continuing community education and health care services.*

**Location: Central Sq., Cambridge, MA**

\*8-minute walk from Central Square Red Line T station

\*Buses # 1, CT1, 47, 64, 68, 70, 70A, 83, and 91

**Contact:** [yungchisung@gmail.com](mailto:yungchisung@gmail.com) for address

**Parking:** On-street parking along Broadway (meter enforced till 6 pm, please check the current regulations); Green St. garage available for those needing more than 2 hours. FREE PARKING ON SUNDAY ANYWHERE AS LONG AS IT IS A LEGAL PARKING SPOT, NO PERMIT REQUIRED ON SUNDAY.

What to bring: comfortable clothes, your choice of art paper or sketchpad, and brushes, if you have them. \*Traditional calligraphy paper, ink, ink sticks, stone stand, and brushes will be provided if needed.



# Dr. Yung-Chi Sung M.A., Ph.D.

Born in Taipei, Taiwan, Yung-Chi grew up in a family of teachers. His parents were both teachers. His father taught physics and his mother taught Chinese literature. This may explain how and why he developed a mind that simultaneously admired arts and appreciated the sciences. Dr. Sung has a B.S. in Psychology from Soochow University in Taipei, , an M.A. in Linguistics (with a minor in Cognitive Science), an M.A. in Educational Psychology (with a minor in Psychology), and a Ph.D. in Educational Psychology (with a concentration in Psychological Foundation, Learning, and Cognition, and a minor in Cognitive Science, Linguistics, Neuroscience, and Psychology).

He was a research assistant at the Department of Psychology, National University, Taipei, Taiwan. In 1997 he went to University for graduate studies and was a research assistant and method/statistics consultant at University of Minnesota Medical School from 1998 to 2005.

Within that period of time, he also served as the President and on the Board of Directors, was Chair of Education and Community Development Committee, Chair of Finance Operation Committee, and Chair of Policy Committee for Chateau Student Housing Cooperative, a not-for-profit co-op providing affordable housing for students from diverse backgrounds, including US and international students.

He served as Assistant Director of Outcomes Assessment at University of Maryland University College (UMUC) at Adelphi, Maryland from 2005 to 2008, where for one year he also taught Tai-Chi for stress relief as a diversity initiative. From 2008 to 2014, he was the Director of Evaluation and Assessment at the Tufts University School of Medicine, and Assistant Professor in the Department of Medicine. In 2015, he accepted the position as Director of Assessment and Institutional Effectiveness at Northwestern Health Sciences University, a university aspiring to be a world-class health sciences university, that educates students, practitioners, and leaders in health and wellness solutions to help people live healthier lives.

Yung-Chi is a long-term devoted educator. He has been an Adjunct Assistant Professor at UMUC since 2006, and was promoted to Adjunct Associate Professor in 2015. He is also an Associate Professor at NWHSU. He is currently developing a not-for-profit organization (YUAN3 CHIH4 EDUCATION) to promote global sharing of educational and health care resources. In his spare time he enjoys reading, writing, dreaming, dancing (recently salsa and argentine tango), and occasionally playing poker (currently no-limit Texas Hold'em).

