Top: The Ohlone Tai Chi and Qigong Club and guests warm up before their demonstration Saturday morning on the Newark campus as part of the third annual World Tai Chi and Qigong Day Open House. The event included demonstrations, performances, and hands-on seminars about tai chi, qigong, mindfulness and traditional Chinese medicine.

Right: Joree Rosenblatt, who has a master’s degree in counseling psychology, teaches a seminar on mindfulness.

Right, second from bottom: Traditional Chinese medical practitioner Mamie Chow takes the pulse of Gerry Mooney during a seminar.

Bottom-right: Master May Chen, tai chi and qigong instructor at Ohlone, lectures about breathing.

Below: Master Bryant Fong, a former team leader, coach and athlete with the U.S. National Wushu Team, takes part in a demonstration.

PHOTO ESSAY BY LAURA GONSALVES

Masters of the art