

2018 WORKSHOPS AND BIOS (Listed alphabetically)

FRANCESCO GARRIPOLI

Presentation: QI MEETS PRANA—QIGONG'S VIBRATIONAL RESONANCE WITH YOGA

Workshop Description: It is no surprise that many people who practice Qigong have explored Yoga and many who practice Yoga are more and more curious about how complementary Qigong can be for them. Francesco's and Ambikha's personal practice has included Yoga for a long time, so this workshop will introduce a practical merging of Qigong and Yoga in a unique way. Combining the vibrations of Qi in the Dan Tians/Meridians with Prana in the Chakras/Nadis through specific "bridging" movements and concepts will be presented by Francesco and his wife, International Yoga instructor Ambikha Devi.

Session One: Starting with an intro bridging Taoist Qigong concepts and Yogic terms, a series of Qigong and Yoga forms identifying key benefits for organ system health and energy clearing follows. Next, a variety of empowering moves – carefully selected from those who have more of a Qigong orientation – will be presented. These moves (asanas) will be taught from the Vedic perspective as well as the traditional Chinese Medicine perspective, mapping Taoist principles into the Yogic healing practice. This session will finish with a combination workout that presents a hybrid practice that weaves Yoga asanas and Qigong forms together for an elevated, expansive personal experience.

Session Two: This session begins with a review of Session One, building upon the justification that a balanced and strategic complement of Qigong movements and principles provides an empowering foundation that can become even more transformational with the addition of key Yoga philosophy and posture (asanas). A wide range of Taoist and Buddhist-oriented Qigong such as Organ Cleansing Qigong (Zang Fu Gong) will be practiced and interwoven with gentle Yoga asanas Pranic breathing techniques. Focus will be place on customizing your personal practice to help achieve your unique goals and objectives through interactive discussion and exercise.

Session Three: This third and final session begins with a review of the previous two sessions. Various TCM acupuncture/acupressure points will be included to show how key Jing Luo (Energy Meridians) can be activated in both Qigong forms and Yoga asanas. This session will go deeper into intention (Yi) setting and understanding how various movements can be enhanced to secure measurable effects on a body, mind, and spirit level. Discussion and movement relating to transforming the vibrations of Qi and Prana which activate various emotions into Awakened spiritual alignment will help bring the combination of Qigong and Yoga together in a practical way through interactive, small-group exercises.

BIO: Francesco Garri Garrpoli is an internationally recognized Qigong instructor, Yoga practitioner, musician, researcher, author, lecturer, and wellness advocate. Past Chairperson and current advisor to the NQA, and Chairman of the Qigong Institute, Francesco is featured in award-winning, instructional Qigong DVDs and through his experience living in China, India, Hawaii, and Thailand studying with elder healing Masters, has written books on the subject. An Emmy award winning producer, Francesco's Qigong documentary aired on PBS-TV with over 88 million viewers. His WujiTech brainwave feedback software bridges Western and Eastern healing concepts as do his Study & Healing Retreats and Qigong/Yoga workshops around the world with his wife Ambikha Devi. More info at: CommunityAwake.com

BIO: Ambikha Devi is an internationally recognized Yoga instructor with a Master's Degree In Yogic Science from Manonmaniam Sundarar University, Tamil Nadu, and India. Ambikha's personal healing journey began with Yoga 15 years ago when she studied with various renowned masters and teachers in several healing modalities and Yoga lineages. Her Yoga Gurus have guided her to dive deeper into self-healing and her work in sound healing, breath work, and dance were clear affirmation to her life journey and personal growth. A Certified Yoga, Dance Mandala, and Breath work facilitator, Ambikha leads workshops and retreats around the world with her husband, Francesco Garri Garripoli helping others to explore self-healing and true inner peace. Learn more on Facebook at: Ambika Devi Karma Yoga.

MINGTONG GU

Keynote: EMBODY YOUR WHOLENESS AS THE NATURE OF THE SELF

Your true Nature is wholeness at One with the universe and all life. Through Wisdom Healing Qigong, Master Mingtong Gu will guide you to deepen your experience as a human energy field of consciousness directly connected to the wholeness of the energetic universe. By awakening the true essence of the Self in your cellular, ancient memory, the pathways to the essential nature of the Self will open. Master Gu will guide you to bridge the relative and absolute, the inner and outer, the form and formless dimensions of yourself. Out of this realization, your joy, creativity, and love can naturally flow with deeper knowing and your well-being will be blessed with the inner and outer presence of effortless energy. Master Gu's energetic presence and guided meditation will help you to bridge the practical and the spiritual, the experiential and the visionary, the intuitive and the scientific, the personal and the collective, the technological and the experiential.

Plenary: INNER ALCHEMY OF EMOTIONAL TRANSFORMATION

Master Gu will teach and guide the ancient sound healing practice to fully awaken your energy center and emotional body. This advanced practice will transform your consciousness, support healing, and enhance the connection between mind-body-spirit. Together, in a unified collective chi field, you will experience the unique vibration of energy in each organ, including your heart's energy, to experience the aliveness, happiness and fulfillment of your whole being. You will accelerate and deepen our physical and emotional healing by releasing each organ's cellular memories of suppressed emotions associated with our old contracted patterns. It is a true blessing to relax into this loving ocean of light and vibration as we "Heal Ourselves and Heal Our World."

BIO: With his joyous and skillful *Wisdom Healing Qigong* teachings, Master Mingtong Gu brings ancient wisdom to the west for better health and happiness in contemporary times. Trained at the largest qigong hospital in China, where he helped people with major physical and emotional challenges, Master Gu leads retreats and workshops worldwide. Named Qigong Master of the Year by the 13th World Congress for Qigong and Traditional Chinese Medicine. He is the founder of The Chi Center and The Center for Wisdom Healing Qigong in Galisteo, NM, about 20 miles south of Santa Fe, NM. www.chicenter.com

FRANK HANLEY

Presentation: DAILY QIGONG PRACTICE TO IMPROVE & ENHANCE QI FLOW

Workshop Description: Diagnosed with facioscapulohumeral (FSHD) Muscular Dystrophy, Frank will discuss the daily qigong routine that he uses to help combat the disease. The session will include a discussion of the physical challenges FSHD presents and demonstrate the set of

simple qigong exercises that Frank practices daily. These exercises improve qi flow, develop better breathing, keep qi channels clear, exercise internal organs, and strengthen the immune system. A daily qigong practice helps reduce stress and improves focus and balance. Frank will share the modifications to qigong exercises and Kung Fu practice that he uses to meet his physical challenges. By sharing these routines and the thought process behind the modifications, others may be able to take advantage and use qigong to help face and overcome their life challenges.

BIO: Frank Hanley is the owner of Ten Tigers Energy and Wellness Centers located in northeast Maryland. Frank is a professional member of the NQA and serves on the Conference Planning Committee. He holds a Master's Degree in Project Management and an undergraduate degree in Computer Science. Frank began practicing Kung Fu in 1987. He has been practicing the Hung Ga Kung Fu style, Did Da medicine, and a variety of related qigong forms since 2010. Frank studies under SiFu Tom Grant and SiFu John Jurewicz. He also studied with Hung Ga Kung Fu Master (Frank) Yee Chi Wai. Frank teaches both Kung Fu and Qigong in Delaware and Maryland.

ALLEN HOROWITZ

Presentation: A PERSONAL HEALING JOURNEY USING PRIMORDIAL/WUJI QIGONG

Workshop Description: Born with the birth defect club foot, Allen wore braces, casts, and had surgery as a child. The problem was corrected, but misalignment of spine and wearing of the joints of the ankle caused many problems throughout life and as he got older, the problems increased, causing limping and pain. He tried many solutions, including Yoga, Tai Chi, Massage, Chiropractic, and Qigong with little success. Three years ago, Allen heard about Primordial Qigong, with the practice of winding time backwards through counter clockwise movement. With lessons from Michael Winn, a workshop with Roger Jahnke, and much practice, Allen has been pain-free and problem-free after three years, although at age 68 Western Medicine would suggest worsening of the problem.

BIO: Born in 1949 with a congenital club foot, Allen spent several years in casts and braces from infancy to age seven when he had it surgically corrected. Casts after the operation caused atrophy of muscles and loss of range of motion in the ankle joint. Exercise and chiropractic manipulation affected it positively but not fully. In his travels, Allen has studied Yoga and Yoga-Based Exercise and learned many exercises to realign and relieve pain. He devote his life to helping others improve their lives through Yoga, Tai Chi, and Qigong, and is also a massage therapist. Author of The Body Shop Exercise Program, Allen has been featured in *Self Magazine* and appeared on CBS *60 Minutes* in 1980.

TRACY LATZ & MARION L. ROSS

Presentation: ENERGETIC TOOLS TO SHIFT AND DEEPEN YOUR QIGONG PRACTICE – AND A GROUP HEALING!

Workshop Description: Review of the Qigong Emotional Release Technique to rapidly remove emotional blocks and improve your Qi flow! Review of the Loving Compassionate Benefactor Meditation to rapidly expand your Compassion for self and others. Nothing improves your sense of connectedness to Heaven, Earth, and Human Qi like this quick exercise! Review of the Three Treasures and then we will teach the Four Golden Wheels practice. If time allows, we will end with a Group Healing as taught to us by Robert Peng in his teacher training.

BIO: Tracy Latz, M.D., M.S. is an Integrative Psychiatrist, weaving together wisdom from Western medicine and alternative approaches to transforming anxiety, depression, and emotional trauma. In addition to her Doctorates in Medicine, Metaphysics, and Holistic Healing, she holds a Masters degree in Immuno-Biology, certifications in Medical Qigong, Qigong Healing, and Mind-Body Medicine. Tracy practices in the region of Charlotte, NC with over 25 years of clinical experience in shifting lives. Marion Ross, Ph.D. has practical experience in counseling, business, and marketing. She holds doctorates in Holistic Healing, Metaphysics, and Transpersonal Psychology as well as certifications in Medical Qigong, Qigong Healing, and Mind Body Medicine. Marion has successful practices in Paris, France, and New York City. Dr.'s Latz and Ross have written five books (most recent in 2017 is Bye-Bye Self-Sabotage, now translated into French) and taught classes in personal and professional transformation since 2002.

BIO: Marion L. Ross, Ph.D. has practical experience in coaching, psychotherapy, entrepreneurship, and teaching personal transformation. She holds doctorates in Complementary and Alternative Healing, Metaphysics, and Transpersonal Psychology as well as certifications in Medical Qigong, Qigong Healing, Robert Peng Certified Teacher Training, Energy Medicine, Mind Body Medicine, and Sound Healing. Marion has successful teaching and healing practices in Paris, France, and New York City. She has been practicing Qigong daily for over 15 years.

KATHLEEN A. LEVAC

Assisted by Mardi Crane-Godreau, Peter Payne, and a panel of researchers.

Research Forum: RESEARCH ON QIGONG – AN UPDATE FROM THE NQA RESEARCH AND EDUCATION COMMITTEE

Workshop Description: The legitimacy of any health care intervention is grounded by its research evidence. While the practice of Qigong dates back millennia, it is only recently that it has received attention within modern Integrative Health Care. As with any intervention considered for adoption within modern health care practice, its legitimacy is judged by the strength of its research evidence. A panel of researchers will present their research findings on qigong, including our featured presenter Mardi Crane-Godreau from Dartmouth University. The NQA Research & Education Committee will present on tools available to teachers including:

- Know the Evidence: A discussion on the available research through May 2017 assessing health benefits of practice of Qigong via the most current systematic reviews and meta-analyses and key major studies.
- What Makes A Good Research Study: How qigong practitioners and teachers can evaluate the quality of a research study and then put it into practice.

BIO: KATHY LEVAC: With over 30 years' experience in healthcare, Kathy Levac RN MS MQT is a respected author and national speaker on health issues. She has presented at numerous national conferences, and has led outcomes initiatives to improve health in preventive medicine and over 30 diseases. She has lead Outcomes Based Care Management efforts across the healthcare continuum to operationalize evidence based practice. As founder of Health and Wellness Enterprises LLC, she offers programs on a variety of health and wellness topics to individuals and groups. She is a medical qigong therapist and an IIQTC qigong, integral tai chi, and tai chi easy instructor, as well as NQA membership credentialed as Level 3 Advanced Qigong Instructor. She currently serves as the Chair of the NQA Research and Education Committee.

BIO: MARDI CRANE-GODREAU: Mardi works as the lead research scientist on collaborative clinical research projects at Dartmouth College involving cross-disciplinary approaches in body-mind and biomedical research. Peter Payne, a colleague from Dartmouth, works closely on many of these projects. A key objective is to build bridges where possible to enhance understanding of how somatic (body-mind) approaches (especially qigong) can improve health and general well-being. They are developing and testing the use of videos to deliver clinically significant materials (both in a Qigong/Meditative Movement trial and in the development of a qigong app for autistic children). Mardi is a student of Ken Cohen's, in his teacher training program. She lives on a mountainside in Vermont, a great place to garden and practice qigong.

BIO: PETER PAYNE: Peter Payne has been studying Bodymind practices since 1956, starting with Judo at age 11. He has studied six different martial arts, including Taijiquan and Qigong, which he first learned from Kenn Chase in London in 1973, Aikido, Yiquan, and Xingyiquan. He has also studied with Chu, King-hung, Grandmaster Chi, Chiba Sensei, Kanetsuka Sensei, Doug Lee, George Xu, Peter Ralston, Ken Cohen, and Tom Bisio. He has studied Tibetan Buddhist meditation with Sogyal Rinpoche and Peter Fenner, and has trained in and practiced several forms of body-oriented (Somatic) psychotherapy, including Bioenergetics with Nadine Scott and Alexander Lowen, and Formative Psychology with Stanley Keleman. He is a registered Somatic Movement educator and therapist, and is certified as a Somatic Experiencing Trauma Therapy Practitioner, a teacher of the Alexander Technique and of Judith Blackstone's Subtle Self work. In recent years he has been collaborating with Mardi Crane-Godreau at the Geisel School of Medicine in developing and validating a Qigong-based protocol called Bodymind Training, and has published several papers on the neuroscientific basis of Qigong and other Bodymind systems.

BIANCA MOLLE

Presentation: MAKE TIME TO HEAL: HOW TO DO QIGONG WITH A CHRONIC ILLNESS

Workshop Description: "We are all Mad Hatters, overscheduled, overworked, overwrought!" In this workshop, Bianca will explore the importance of making time to heal every day, especially for people living with chronic illness. She will share her own practice of Wisdom Healing Qigong, including how she changed her view of time to heal from Parkinson's Disease through her daily practice. She recognizes that the concept of finding time and focus is very challenging for people with a new diagnosis or chronic illness. Even when we feel like there is not more time to learn and do something new, Bianca invites you to rethink and reform the moments in a day, so there is always time to heal.

BIO: Author, teacher, coach, consultant, and Parkinson's survivor, Bianca Molle speaks internationally about the Wisdom Healing Qigong health strategies that were key to her healing from Parkinson's Disease. She motivates others to discover these skills, sharing the tools of Qigong beneficial to Parkinson's and many other health conditions. No stranger to challenge, she attributes her own discipline and innovation to being a parent of an autistic son and a credentialed teacher in both regular and special education for over 30 years. When not writing or presenting, Bianca consults and coaches on Qigong wellness worldwide via Skype through her company, Mettamorphix.com.

DEB MOORE

Presentation: INCREASE YOUR CAPACITY AS YOUR OWN WISDOM HEALER

Workshop Description: In this one-hour session, Deb will share how she has embodied Wisdom Healing Qigong to more fully awaken her capacity as a healer for herself and others. For example, she has eliminated Lyme Disease and Chronic Fatigue that disabled her for years. Deb will guide you in simple yet profound ways to more deeply tap into the universal healing chi field, release and transform physical and emotional imbalances, and increase your intuitive healing capacities. Her session will be a helpful primer for going even deeper in Wisdom Healing Qigong with Master Mingtong Gu, during the Sunday morning Plenary that is also the practice of Wisdom Healing Qigong. Wisdom Healing Qigong was developed by Dr. Ming Pang, a Qigong Grandmaster trained in both western medicine and traditional Chinese medicine. He synthesized his profound medical knowledge of the old and new healing sciences with ancient Qigong practice. The result is an integrative system of self-healing and cultivation that is suited for the modern pragmatic world.

BIO: Deb received her teacher and healing facilitator certifications in Wisdom Healing Qigong from Mingtong Gu, the keynote speaker for this year's conference. Deb assists Mingtong at healing retreats. Deb enjoyed a dedicated yoga and meditation for about 20 years before becoming a Wisdom Healing Qigong teacher. She feels blessed with the capacity to self-heal and now focuses on awakening the healer within each of us. She believes with every fiber of her being that we all are our most profound healers. We simply need to more fully awaken this capacity. Much of her growth has come from creating solo retreats where she practices qigong (before it was yoga) and meditation for a continuous week or more. Deb's first solo qigong retreat was for two months. She went deep very fast and experienced profound healing from driving off a 40-foot cliff as well as releasing all stories and symptoms of chronic fatigue and lyme disease. Deb now teaches qigong in Asheville, N.C.

MICHAEL MCCOMISKEY

Presentation: QIGONG AS A SPIRITUAL PRACTICE: The Shamans Were Right—This IS a Spiritual World!

Workshop Description: Shamans, traditional peoples, and the great spiritual teachers of all religious traditions have always told us that this is a spiritual world and that all beings and things are part of "A Great Wholeness That Is." And we ourselves have all received help from an unexpected inner "prompt," a sudden intuition, or even a sign in a shop window—what Walt Whitman referred to as "letters from God, drop't in the street." Now even our best scientists are concurring based on fascinating research and insights. We will explore these teachings and researches, share some of our own uncanny experiences of communication, and then engage in a qigong set called "The Twelve Joinings With Nature Qigong." It is easy, enjoyable, and it primes us to be open, receptive, and expecting as we go through our day and our lives. What you do not look for, you overlook, and we are truly part of a loving, interactive, world. Come join us and enjoy a new level of living!

BIO: Michael Hopkins McComiskey, MA, an NQA certified level 1 teacher, is a lifelong educator, and has been teaching about spirituality and science for more than thirty years. He has served on the board of the NQA and currently serves on its Advisory Council. He is affiliated with the Center For Complementary Medicine at NY-Presbyterian Brooklyn Methodist hospital where he teaches regularly and is visiting faculty at Pratt Institute where he teaches qigong. He has taught for the FDNY and the VA. He is a nationally known workshop presenter known for his wide breadth of knowledge and experiences, his easy-going style, and his sense of humor. He is passionate about helping us all to discover that there is so much more to us and to the world than we have been led to believe. He laughs a lot.

KEVIN PENNELL**Presentation: QIGONG FOR BODY WORKERS**

Workshop Description: This workshop will address concerns and demonstrate simple QiGong instruction and movements that can enhance one's career as a body worker. Typical careers for massage therapists end at five to seven years often caused from the physical stress and strain of this occupation. Through the daily practice of QiGong, the physical stress and strain may be eliminated. QiGong can become integrated into the body worker's profession daily using proper body mechanics influenced by QiGong. No doubt, these same body mechanics embrace many forms of body work in addition to Massage Therapists, like Physical Therapists, Chiropractors, and Osteopaths to name a few. Daily QiGong can improve your body work career.

BIO: As a body worker, Kevin integrates Clinical Massage Therapy, QiGong Instruction, and Clinical Herbology in his practice, East West Healing Arts in Asheville. He also enjoys running, kayaking, European cars, and just wandering through the woods. In 2004, Kevin began studying Goju Ryo Karate with Sensei Chuck Randal, receiving his Black Belt in 2010. He was introduced to Qigong in 2007 through Sifu Miles Coleman. Recognizing the value of Qi in martial arts, he began to incorporate some Qigong into his career in bodywork. Instructor Training was completed for Therapeutic QiGong in 2010 from Dr. Aihan Kuhn. Kevin began practicing and teaching Taijiquan at the Maine Center for Taiji & Qigong in Portland, Maine. He's also an Author, and Reiki Sensei. "My journey with Martial Arts, Qigong, and Taijiquan has taught me that these are not only valuable and effective disciplines that influence our lives, but they are a way of life that help to maintain balance and focus on my own journey."

CAMILO SANCHEZ**Presentation: TAOIST MERIDIAN QIGONG**

Workshop Description: The system of the acupuncture meridians (qi channels) and the circuitry of energy flow lie at the foundation of Qigong practice. In this class, Sifu Camilo Sanchez, L. Ac, MAOM, will present a set of 12 Taoist Qigong exercises for opening, activating, and balancing the 12 primary acupuncture Qi channels or meridians. The presentation will include the main vital energy points, breathing technique, mind focus, energy flow, and main benefits for each exercise. Understanding the pathways of the energy meridians, main acupuncture points, proper technique, and energy flow for the 12 primary acupuncture meridians will bring a deeper dimension and benefits to your Qigong practice.

BIO: Camilo Sanchez is a licensed acupuncturist with a master's degree in Oriental medicine and thirty years of teaching and clinical experience in Chinese medicine. Mr. Sanchez has been in the faculty of the Acupuncture and Massage College in Florida, and the Atlantic University of Oriental Medicine in North Carolina. Camilo is a recognized teacher of Taoist Qigong, Tai Chi, and Taoist Yoga as well as a published author of *Taoist Meridian Yoga*, four *Healing with Qigong* DVDs, and the upcoming book, *A Comprehensive Guide to Taoist Qigong*. He is a 19th generation lineage disciple under Master Zhang Xue Xin of Beijing.

MARK SMALL**Presentation: I CHING QI AMPLIFICATION – PRE- & POST- HEAVEN SPIRALING**

Workshop Description: The trigrams of the I Ching are associated with Lo River Map patterns. We will follow these patterns of energy transformation within our bodies and link them with

those found surrounding us. Participants will enhance both their Qi cultivation as well as raise various Jin energies in the process of bringing Shen to their head tops.

Bio: Mark Small is a Yang Family and Chen Pan Ling taiji teacher and a 4th degree Black Sash instructor in Chinese Martial Arts. Mark discovered taijiquan in 1958 as a child actor but began serious practice as a teenager. He practiced Qigong with these prominently masters: Colonel Y.W. Chang, Dr. Yang Jwing-Ming, Huang Chien-Liang, Henry Look, Jou Tsung-Hwa, George Xu, and Yang Yang. Mark is proficient in Xingyi, Bagua and Liuhebafa. He teaches out of his Mountain Dragon Gong Fu school in Asheville, North Carolina. His book, Taiji, Xingyi, Baguaquan Throwing By Way of Our Modern Masters was published in 2011. Prior to that he published articles on Qigong/Neigong in T'ai Chi, Qi Magazines, and the *Journal of Chinese Martial Arts*. His website is www.mtndragon.org.

LINO STANCHICH

Presentation: QIGONG FOR A HEALTHIER, HAPPIER LIFESTYLE & LONGEVITY

Workshop Description: Join Lino Stanchich, a vibrant, healthy 85-year-old student and teacher of Qigong, nutrition, bodywork, and energy massage, as he shares, with eloquence, enthusiasm, knowledge, and humor, powerful techniques to enhance overall Qi and health of body, mind, and spirit. Lino Stanchich shares his innovative Qigong practices designed to cultivate life force Qi and create a healthier lifestyle and greater happiness and longevity. Learn effective ways to apply Qigong in your daily life, from the moment you arise to the time you go to bed. Utilized in all aspects of life, Qigong can often prevent and help heal diseases. Lino teaches the power of Qi breathing with empowered posture, mental attitude, and specific techniques and movements, along with nutrition and stress-reducing meditation. Lino brings you the gift of an inspiring and effective practice. With his unique form, you will experience a more powerful connection to the energy of nature and the universe.

BIO: Lino Stanchich is a renowned teacher of Qigong and energy exercises with students throughout the USA and Europe. He is a Licensed Nutritionist and Licensed Massage and Bodywork Therapist based in Asheville, NC. A nutritional educator, author, researcher, and counselor with over 49 years experience, Mr. Stanchich is a respected teacher of the macrobiotic diet and lifestyle, along with energy exercises (Qigong), shiatsu massage, and self-massage. A multi-lingual educator, Mr. Stanchich has established several healing centers in the United States and has lectured at major health centers, as well as to universities, corporations, and the United Nations Macrobiotic Organization. Author of the popular books, Power Eating Program: You Are How You Eat, Healing Secrets, Laughter Therapy, and The Natural Kidney and Bladder Program, Mr. Stanchich is creator of the dynamic self-massage and exercise video *Energize Yourself*, and audios *Laugh for the Health of It* and *Healing Mealtime Music*.

SOLALA TOWLER

Presentation: THE TAO (WAY) OF TEA

Presentation Demonstration: Join us for a magical session of exploration and expansion using the ancient ceremony of Taoist Gongfu Tea, known in Chinese as *pin ming lun dao* or "savor tea, discuss dao." We will be sampling some special teas and taking part in a ceremony designed to open your heart and hara. By tuning into the sacred plant medicine we will experience an opening to higher spiritual and psychic planes. Through meditation we will allow ourselves to drop down into deep layers of being, thus freeing up our qi for healing and well being. We will

explore the idea of living our life with Tea Mind and share some of the ancient stories of the Way of Tea from both Taoist and Zen traditions.

BIO: Solala has been following the Path of Tao for over 26 years. He is a founding board member and past president of the NQA and has had 12 books published on the Taoist arts. He leads trips to China to spend time in the sacred Taoist mountain of Wudang.

MICHAEL WINN

Presentation: BLISSFUL BREATHING QIGONG: CONNECTING INNER & OUTER BREATH

Workshop Description: Michael developed this qigong form for his own use, to quickly energize and balance all the energy channels. One cycle takes four minutes to complete, and Michael likes to do three cycles. The most energizing 12-minute sequence he knows, this form uses a combination of movement + physical breath + internal focus to open regular 12 vital organ meridians, 8 Extraordinary soul channels, the three dantian, and link them together in receiving Qi flow from the larger cosmos. It links physical breath with subtle Qi breath. It strengthens the lungs & large intestine. Michael uses it to repel a cold or sniffle coming on, and his clients find it an effective medical qigong prescription for dissolving grief, sadness, & depression.

BIO: Michael is the founder of Healing Tao USA University, the largest Tao Arts program in West. He is a Lifetime Member of the NQA, and past President for two terms. Michael is the author of 10 home study courses on Taoist Internal Alchemy + Qigong, and has written dozens of articles and papers for international Daoist conferences.

J. MICHAEL WOOD, MMQ, PBMC, OBDS

Professional Workshops: DIAGNOSTIC & TREATMENT PROTOCOLS OF THE UNIQUE PATTERNS ASSOCIATED WITH SHOCK

Description: Material to be covered will be about Diagnostic and Treatment protocols of the unique patterns associated with Shock. These patterns occur when the mechanisms of Fight and/or Flight do not work, and the patient's binary system goes from safe to unsafe. Shock is considered an acute Wind condition, and we will explore how Wind is introduced into the system. From this we will explore the ensuing patterns of pathological deviated Qi, how he deviated patterns are manifested, and discuss the postural, energetic and spiritual tools that are used to transmute, transform and resolve the patient's trauma. Some of the tools we will discuss will include breathing mechanics to create a Parasympathetic dominant response, use of the Open the Door, Remove the Thief acoustical technology (Mantra), and a simple visualization for the patient to be able to work from the within rather than outside inward.

BIO: J Michael Wood is a lifetime member of the NQA with certifications in Advanced Clinical Practitioner and Level IV Instructor. He received a MMQ in 2003 from Jerry Alan Johnson as well as advanced training with Robert Peng, Dr. Jeffrey Yuen, and Dr. Bernard Shannon. He has also trained in China, at the Long Hu Shan with the Zhengyi sect at their monastery, and with Master Duan in Beijing. J Michael has an ongoing clinical practice and regularly teaches the MQ Practitioner course (200 hrs), as well as the MQ Therapist course (under syllabus of the International Institute of Medical Qigong) in his school, the 5 Virtues Medical Qigong. He published one chapter (Practical Experience with Deathbringers) in Livia Kohn's book, Living Authentically, Daoist Contributions to Modern Psychology. Recently he published a Doctoral Thesis on the energetic effects of Shock and its treatment.