ALLEN, ROSE.
Presentation Title: Developing a Home Practice
Description: This presentation provides instruction to attendees on how best to develop a dedicated home practice. Information includes the where, when, and how possibilities. Our need for eliminating distractions in our current life is huge, so that will be addressed. A few simple forms will be taught as well, in order to provide some examples of how single forms can flow together rather seamlessly. In preparation for movement in the forms, several warm-up, joint-opening exercises will also be included for wrists, fingers, ankles, knees, hips, and shoulders. In this way, we open the body for optimum benefit from our practice.
Bio: Rose relocated from Portland to study with her teacher, Zhenzan Dao, at the MogaDao Institute in Santa Fe, NM. She studied intensely for four years, with classes in qigong, yoga, meditation, gong fu, internal alchemy, and Daoism. She has also received instruction from other teachers over the years. Her deep desire is to share this ancient healing art with as many people as possible, as she continues to grow and learn in her own practice. Rose feels it is imperative that we take charge of our own health and well-being; this can be done through the power of Qigong. Since her recent return to Portland in 2017, Rose has been establishing classes throughout the city. Five Element Theory is also incorporated into her teachings.

CRANE-GODREAU, MARDI. PAYNE, PETER. ROGERS, TOM.
Presentation Title: PANEL: Qigong and the Emotions
Description: A panel discussion around the topic of Qigong and the emotions. The emotions are arguably one of the most important factors in human well-being. Depression, anxiety, post-traumatic stress, the roots and consequences of violence, as well as the cultivation of resilience and positive attitude, are all compelling preoccupations in current society, and all require a practical and theoretical understanding of emotion. Western psychology has swung between treating the emotions as largely physiological, or primarily mental or cognitive, with little attention to the complex and subtle bodily sensations which form the link between these dichotomous views. Until recently neuroscience avoided the emotions, but over the past 20 years affective neuroscience has begun to investigate emotions and emotional experience, and the insights arising from this exploration are highly relevant to practitioners and teachers of Qigong. Whereas psychology has tended to perpetuate the artificial divide between mind and body, modern neuroscience is recognizing the unitary nature of human experience, a view which is in accord with the traditional Chinese perspective on which Qigong is based. Affective neuroscience asserts that the emotions cannot be understood separately from perception and action, and that they originate deep in the midbrain as survival programs designed to guide behavior. As such they are inseparably related to posture, movement, breathing, and intention—the very areas Qigong practice focuses on. This panel discussion will elucidate the deep connections between emotion and Qigong, and clarify the fertile relation between the theories of modern affective neuroscience and the theories and practices of traditional Chinese Qigong.
More info: http://www.bodymindscience.info/bodymind-science-training/
Bio: Mardi Crane-Godreau 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 their 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 mountain side in Vermont, a great place to garden and practice qigong.

Bio: 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.

Bio: Tom Rogers has been practicing yoga for over thirty years and Qigong and Tai Chi for over twenty years. He has travelled to China seven times and has trained in Taoist Medical Bagua Xundao Qigong with Master Wan Su Jian, Wuji Hundun Qigong with lineage holder Master Duan Zhi Liang, and Wudang Tai Chi with Master Zhou Jin Bo. Rogers has also studied Tai Chi with 20th generation Chen style Tai Chi Master Wong Wai Yi and has enjoyed many forms of Qigong with various teachers. He is a certified Qigong and Tai Chi Teacher with the Institute of Integral Qigong and Tai Chi. After earning an MS in Computer Science from Stanford in 1979, he spent over twenty years in the Silicon Valley computer industry specializing in database and computer system performance and reliability. He assumed Dr. Ken Sancier's duties and lineage as President of the Qigong Institute in 2004.

DELLIO JOIO, VICKI

Presentation Title: Joyful Qi: Cultivating Spontaneous Creativity with Qigong

Description: Along with all of the other healing benefits, qigong can lead you to express yourself with authenticity, humor, passion, and power. This Way of Joy™ workshop will explore how to be spontaneous and flexible while staying grounded and centered in your wei qi (energetic boundaries). Combining “applied qigong” (drawn from both short and long qigong forms) with movement improvisation, theater games, and story-telling techniques, this workshop will provide you with a fun and safe atmosphere to nourish your shen (spirit) and enhance your jing (physical essence) as you dip into your well of creativity. PLUS you will leave
with a short, personalized-for-you qigong form that you can use daily to transform stress into vitality.

**Bio:** Vicki Dello Joio, author of *The Way of Joy*, is a teacher, speaker, and performing artist. Integrating her 40+ years of qigong practice with other martial arts as well as her work in Yoga, Feldenkrais, physical fitness, and theater, Vicki has developed a dynamic set of tools to increase awareness, transform obstacles into opportunities and enhance creative potential.

**GOLD, PETER**  
**Presentation Title:** Five Element Archetypal Qigong for the Psyche  
**Description:** Through lecture, demonstration, clinical examples, and group practice, Peter will introduce a psychologically oriented form of qigong called Five Element Archetypal Qigong (FEAQ). He will cover the relationship between mind and movement in the context of Jungian psychology and the psychology of Chinese medicine’s Five Element theory. This training will demonstrate how the psyche and body complement each other in an alchemical process of psychological development. Together we will explore the flagship forms of FEAQ and see how they are immediately and directly applicable to personal and professional work with the psyche.  
**Bio:** Dr. Peter M. Gold, Ph.D. utilizes Five Element Archetypal Qigong in his private Jungian counseling practice to supplement traditional counseling. His forthcoming book *Movement, Archetypes and Jung: Applying Five Element Archetypal Qigong in Psychotherapy* will be published next year.

**HE, LIU**  
**Presentation Title:** Building Your Qi Medicine  
**Description:** This workshop will focus on building your individual Qi medicine. This Qi medicine restores and rejuvenates the damages received in daily life. These practices empower each person by connecting themselves to their true nature in order to live a life of abundance, gratitude, and harmony. The Taoist medical lectures given by Master Liu He will focus on different phases of life, providing suggestions on lifestyle and food therapy during each phase. She will inspire each individual with her knowledge of how to live a life of harmony and balance with nature and ourselves.  
**Bio:** Liu He, world renowned Qigong Master & author, began her Taoist Medical training at the tender age of four under the strict but loving guidance of her grandfather, a highly respected Qigong Master and Chinese Medical Doctor who treated the last emperor of China. By age 14, Liu He had attained the level of Qigong Master and was given permission by her grandfather to teach and perform healing techniques on others, a privilege traditionally reserved only for men. Her life has been dedicated to sharing with others all that has been given to her. Since leaving China in 1989, Liu He has taught Qigong and healing techniques extensively throughout Europe. With her brother, Dr. Liu Dong, she co-founded Ling Gui International Healing Qigong School in Paris, France. She is also on the faculty of the Oregon College of Oriental Medicine teaching their advanced level students.
JOHNSON, MARK
Presentation Title: The Heart of The Cosmos
Description: Because Mark is planning to retire soon, he is giving out his most useful self-healing techniques in this workshop. Most people do not breathe correctly and very few are aware of the inherent power in some breathing techniques. We humans are now living in a critical time for us and much of it is due to our subconscious fears sabotaging our lives. So Mark will first present a Daoist breathing technique called "Self Release" that if done correctly will push out all subconscious content so that students will then be able to integrate that power with their conscious lives. When everyone is integrated, he will show a Qigong style that will integrate them with the Cosmos so they no longer see themselves as being a wave in the ocean of life but as the entire ocean manifesting through a wave!
Bio: Mark Johnson is one of the founding fathers of the National Qigong Association and presently serves on the Advisory Committee. There are only a handful of Westerners with Mark’s 45-year experience in so many Chinese Disciplines, including many Tai Ji and Qigong styles, Feng Shui, I Ching, and Chinese calligraphy. Known as the teacher to the stars, he has taught Francis Ford Coppola, Tom Cruise, Nicholas Cage, Patrick Swayze, and many others. Over 750,000 copies of his popular TaiJi/Qigong videos have been sold so far. Mark leads yearly tour groups to China and Tibet to study Tai Ji and Qigong at various temples. He has officiated over 50 Tai Ji tournaments all over the country, ad now is an author of a book titled Life As Play." And in his "spare time" is a pilot, amateur Astronomer, and proud father of his daughter Sita.

WU, ZHONGXIAN
Presentation Title: Opening the ShenGuan (Spiritual Fortress) and QiJingBaMai (8 Extraordinary Vessels)
Description: Participants will learn this Daoist internal alchemy healing principles from both the EMei and YinXinPai traditions. Learn the four gentle, yet powerful Qigong practices developed to open your body - your spiritual fortress - and make room for deep healing and inner transformation to occur: 1) Zhen (Thunder) Qigong; 2) Heart-Mind Dragon Body Qigong; 3) Heart-Mind BaGua (8 Trigrams) qigong; 4) Heart-Mind BaGua Qigong and healing principles; 5) External Qi healing techniques; 6) Heart-Mind Prenatal Meditation.
Bio: Zhongxian Wu, a lifelong Daoist practitioner, is the lineage holder of four different schools of Qigong and martial arts. Since 1988, he has instructed thousands of students, both Eastern and Western, in his unique and professionally designed courses and training programs. He has authored 12 books (4 in Chinese) on Chinese Wisdom Traditions.