ADAMS, DEBORAH
Bio: Deborah Adams has been an entrepreneur, thought leader, and wellness expert for over 30 years creating one of the largest and most reputable spas in the Midwest. She was a licensed massage therapist for 25 years, personal trainer, and dancer who brings her acquired knowledge into her Tai Chi & Qigong Practice. She is a 200-hours IIQTC Tai Chi & Qigong teacher and Senior Trainer for the Institute. Deborah studied Tai Chi in China and combines Chinese history with her own creativity to guide and story-tell her students into deep healing experiences since 2006. To contact her, visit www.DeborahAdams.net or www.WellnessSpaResort.com.
Workshop Title & Description: Xi Xi Hu Breathing. Xi xi hu (pronounced “she, she, who”) breathing is an easy-to-learn and easy-to-apply breath practice. Millions of people in China say that doing this practice has literally changed or even saved their lives. Learn this profound and powerful walking practice created by Guo Lin to heal on a cellular and spiritual level. Let Deborah guide you through a quick but efficient walking breath exercise that will dramatically shift how you are feeling and make a physical difference within you in just 30 minutes.

BARNES, SAMUEL
Bio: Samuel Barnes is the founder of the Qigong Healing Institute in Beverly Hills and is the star of the blockbuster bestselling Tai Chi DVD Element Tai Chi for Beginners. Along with working with celebrities and studio executives to develop tai chi choreography for film and television, he has a busy practice with local classes and private clients along with teaching international deep immersion qigong retreats all around the world. With 37 years of healing experience, he is very popular for sharing tai chi and qigong techniques for accelerating healing and regularly hosts and leads large local group qigong healing events harnessing certified qigong healers to accelerate the healing process for everyone at the event. SPECIALTIES: Private and group instruction, retreats, seminar presentations on qigong, tai chi, bagua, hsing I, medical qigong, meditation and shengong light.
Workshop Title & Description: Windy Breathing. In this breath work or "Windy Breathing" session we will experience how to harmonize the conscious flow of breathing to influence an upliftment and harmonization of mental, emotional, and physical well-being. We will explore Windy Breathing Prescriptions to be more relaxed, build mental clarity, purge emotional disorders, stimulate the immune system, and much more.

BOUGUYON, CHRIS
Bio: Chris Bouguyon holds a Master of Medical Qigong Certification from the International College of Medical Qigong. He began his martial arts training in 1978, and has been training in both Eastern and Western medicines & therapeutic practices since 1991. He teaches weekly therapeutic Qigong and Tai Chi classes using his nationally-recognized Training Mindfully with Qigong Principles™ Program. After eleven years of providing active duty military, veterans, and behavioral health patients Qigong Principle-based somatic therapeutic programs, Chris decided to open the Medical Qigong Therapy Center which specializes in using Integrative Medical Qigong therapies to support physical, behavioral health, and trauma recovery.
Workshop Title & Description: Pain is NOT an Enemy, It’s a Relationship - Qigong Can Help. Our relationship with pain is complex and unique to each of us. Chris Bouguyon has been in a relationship
with chronic pain since he was 17. Medically discharged from the US Navy followed by a long career as a martial arts instructor provided many opportunities for his relationship with pain to deepen. He has found that Qigong and its 8 foundational principles hold a powerful key to working with, not against, your pain. Just as in any relationship, we must first become quiet and willing to listen deeply to gain understanding. Are you ready for a deeper relationship with yourself?

CHANG, LORELEI
Bio: Lorelei Chang is a renowned qigong, tai chi, and modern dance artist, and a Chinese calligrapher who has dedicated her lifetime to study these disciplines for more than 35 years. She recently performed during the closing ceremonies of the 2018 Winter Olympics held in Pyeongchang, South Korea with her sister, Mai Nakanishi. Both are world-class artists who pioneered combining Chinese calligraphy and modern dance with Qigong, have performed internationally including China, Japan, New Zealand, and Belgium. Lorelei currently teaches Qigong, Yoga, and dance. In 2012, she won a gold medal for the 24-form Taiji Quan and a silver medal for 42-form Taiji Quan during the International Wushu Competition in Connecticut. She is the founder and artistic director of dancEnlight and a professional member of the National Qigong Association. Lorelei is a certified instructor of Radiant Lotus Women’s Qigong founded by Daisy Lee, and is currently studying Five Element meridian shiatsu with Nini Melvin.

Workshop Title & Description: Intelligent Qigong. Intelligent Qigong is also known as Zhineng qigong in Chinese. ‘Zhi’ means “wisdom,” ‘Neng’ means “abilities.” ‘Zhineng’ together means “the ability to accumulate the energy of intelligence and increase one’s level of wisdom.” Intelligent Qigong was created by Master Pang He Ming in 1980. He based it on the Hunyuan theory and Traditional Chinese Medicine meridians of the body. It’s a form of medical qigong combined with Buddhist and Daoist qigong. In 1997, out of 21 different types of Qigong, Intelligent Qigong was rated the most effective qigong to improve health by the China State Sports General Administration. It’s one of the most practiced Qigong forms in modern time.

CIBIK, TED
Bio: Ted Cibik was awarded the title of Zhong Yi 中醫 or Doctor of Chinese Medicine / Taoist Priest. He is an internationally recognized doctor / teacher of Medical Qigong Therapy and Naturopathy and offers ongoing certification at his Pennsylvania campus. He has enjoyed studying martial arts and meditation for over 50 years and is certified through the American College of Sports Medicine. He is the founder of Formless Taoism, a sect directed from his two near death experiences and “crossing over,” resulting in unique insights into the spiritual world. Combining this insight while ministering to mental health professionals for 20 years allowed him to formulate a new paradigm in mind and spirituality. He is a Chaplin for UPMC hospitals in the Pittsburgh area. He is a Professional NQA member, and NQA certified as a Level IV Instructor and Advanced Clinical Therapist. Ted lectures around the world to hospitals, corporations, private institutions, and government agencies.

Workshop Title & Description: Interpreting Western Blood Tests into Chinese Medicine. This lecture will include information on how your basic blood panel workup (CBC) can be interpreted energetically in Classical Chinese Medicine. ‘Xue,’ or blood, is the carrier of Qi and Shen in the human form. Understanding what western measurements are saying about the energetic vibration of blood becomes a very useful tool in calibrating your practice accordingly. The accumulation and gatherings (Juji) can be very draining on the system. Additionally, acid and alkaline (Yin / Yang) pairing become critical for assimilation of Qi and food as well. We will also discuss the Bu Tu Pai School of Classical Chinese medicine as it deal with post-natal Qi formation that builds blood and Qi.
COHEN, DAVID
Bio: David Cohen has taught Tai Chi and Pilates, and provided an array of personal training services, since 2005. Over the years, David has helped thousands of clients keep moving correctly and pain-free by using a combination of these modalities. David has even helped clients immediately out of physical therapy who still had pain—in most cases, David was able to alleviate the client's pain in a single session. Come see the best "East Meets West" modalities as it pertains to pain relief.

Workshop Title & Description: Chronic Pain Relief. The workshop is an essential event for those experiencing chronic pain in any part of their bodies, such as arthritis, knee pain, shoulder pain, back pain, and more. After performing a gait analysis and squat assessment of one or more volunteers, David will determine the exact locations of the imbalances or injuries in each of the volunteers. Using energy healing techniques, basic exercises, and stretches, David will then alleviate most chronic pain on the spot, as he does daily for his personal training clients, helping them remain pain-free and moving freely.

CROWELL, NANCY
Bio: With over 26 years’ experience as a registered nurse, Nancy has identified the need for educational opportunities that lead to the discovery of our inner healing resources; this pursuit has proven to be a successful, reliable, and cost-effective asset to education programs. As a Certified Vascular Nurse and Certified Holistic Nurse, she has successfully spearheaded several education opportunities, including eight annual vascular nursing education conferences, community education, and a free monthly Integrative Healthcare education series, “Wellness Wednesdays.” Most recently, she orchestrated stress management utilizing integrative therapies, as part of a Vascular Prevention Program. Community outreach is a vital component in improving the health care challenges we are faced with today. Nancy has participated in over 32 speaking engagements at a variety of venues and events, sharing her expertise in peripheral artery disease and integrative therapies. She is honored to provide education that leads to inner peace by discovering and tapping into our inner healing resources. We may not always be cured but we can always heal.

Workshop Title & Description: Breath of Life...Our Pursuit to Equanimity. Einstein said, “Everything is energy and that’s all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way.” Discover your healing resources to balance energetically charged emotions, feelings, and circumstances to recover that which is naturally ours—inner peace. A practical Care Plan to instill a sense of equanimity with our breath and energy.

DEVIS, ANGELICA
Bio: For 20 years Angelica worked as a Medical Doctor and Thoracic Anesthesiologist in Bogotá, Colombia (Pontificia Universidad Javeriana, Clinica del Country). She was a Professor of Anesthesia (Rosario University, National University and Pontificia Universidad Javeriana Bogota, Colombia) and also an accomplished international speaker. Twenty years ago she began to transition her practice to Acupuncture, completing programs in Colombia/China and the U.S. (Instituto Medico Superior de Acupuntura China, Beijing University of Traditional Chinese Medicine, Harvard University). For the last 10 years she has complemented her practice with Medical Qigong (International College of Medical Qigong); certified as a Master in Medical Qigong, was a Teacher Assistant and now is a Doctoral Candidate. Six years ago she founded the Medicos Qigong 5 year program in Bogota- Colombia. Angelica is a practitioner of Kung Fu (Shaolin Do Norte - Brazil) and is an Ordained Daoist Priest 22nd generation Dragon Sect Gate (Temple of Peace and Virtue - U.S. and Qing Cheng Shan – China).
Workshop Title & Description: Western and Eastern Medicine: Knowing the Body and Moving Energy from a Spiritual Life. Western exploration of the body is enriched by the traditional Eastern exploration of Human energy and its connection to Heaven and Earth. Both medicines should be approached from our Prenatal Virtues (the ones we were born with): Compassion, Integrity, Tranquility, etc., to find a balanced way to serve our Highest Good and Humanity’s Highest Good.

JARBOUX, DAMARIS
Bio: Damaris Jarboux is a recognized innovator and leader in the field of energy medicine and Qigong. As a teacher and practitioner, she has developed The 4-year Qigong Healing Program and many other classes for self, family care, and clinical treatment over 30 years. She is an R.N. and has worked extensively within the medical profession as well as Classical Chinese Medicine including five extensive trainings and exchanges in China with the top Qigong doctors. She is Founder and Director of The Center Place (1986), and a founder of the National Qigong Association (1996).

Semi-Professional Track Title & Description: Qigong Healing Essentials. This is a compressed course in the Qigong concepts, assessment and treatment forms, underneath Oriental Medicine, that we at The Center Place have developed to safely clear out intrusive energies and resulting patterns that strongly effect all of the meridians, points, organs, five elements, and yin-yang...and re-establish basic balance. The forms are simple, the concepts are not, but one needs both to be successful, as we will be using Shen, Chi, and Jing. The personal practice we will be doing is “Centering & 2-Pole” (sitting & standing) and setting the Chi Field. Our focus will be consciousness, energy, and form. It is for people who already understand the importance of the unseen world and can accept a spiritual-science approach that they can tailor somewhat to their own orientation. It will be especially helpful for people who do any form of Medical Qigong through Clinical (treatment) forms and/or personal practice and also for healers in other related energetic healing practices and interested general public.

Three 3-hour sessions:
1. Concepts & treatment (on self or other) of “foreign energy” with Spiritual help, and using the “Star Spiral” practice (from the Macro-Cosmic practice of opening “12 Gates”) to strengthen any field.
2. Concepts & treatment (on self or other) of Portals & Tears in the field, “energetic ticks” on the outside of the field, La Chi & Fa Chi practice, and pendulum or other Shen assessment tools.
3. Concepts & treatment (on self or other) of resulting patterns of twists in the field and reading ANS dominance and restoring the strength & vitality of the Vagus Nerve Tone & focused intention with Spiritual help.

JOHNSON, MARK
Bio: Mark Johnson is one of the founders of the National Qigong Association and is presently on their advisory council. He continues to judge Tai Ji tournaments regularly, and leads Daoist retreats to China and Tibet yearly. His videos just topped 800,000 sales! He has studied and practiced Eastern Philosophy for over 50 years and has apprenticed with some of the most prominent Tai Ji / Qigong and Daoist teachers in the world. He also recently authored a book titled Life As Play.

Workshop Title & Description: The Future of Quantum Qigong. Mark will explain and demonstrate futuristic styles based on the findings of modern science which now claim everything is energy at different frequencies and like frequencies resonate with each other. In the old days, practitioners of Qigong imitated the movements of animals and sounds to gather power and health. However today we have access to the incredible power of the Fibonacci spiral which is found in all aspects of nature from
the smallest animals to hurricanes. And a Torus is found around cells and people, and the Earth and galaxies! So if you accurately emulate those movements, the universe has no recourse but to resonate with you and that power is jaw dropping! So learn to participate with such power and you will never need another doctor in your life and it even presents the possibility of out of body travel!

**KOLBE, JESSICA**
Bio: Jessica Kolbe is a Senior Teacher Trainer for the IIQTC. She has a 200-hour certification and other certifications in Medical Qigong, Primordial Qigong, Integral Energetics, and more. She has practiced/studied for 20 years, and her award winning TV show has aired for five years. Jessica has been to China three times. In 2017 and 2018, she led study trips with Solala Towler. She has led classes, workshops, and a private practice for over 10 years, and has taught for Semester at Sea and been featured in many forums.

**Workshop Title & Description: Whale Breathing.** Whales are some of the oldest and largest animals on earth. They are associated with compassion and solitude, and knowledge of both life and death. They are also associated with unbridled creativity. The exhalation through the blowhole symbolizes the freeing of one’s own creative energies, listening to our inner voice and following our own truth. Whale Breathing involves taking deep breaths and holding the breath while moving the air and energy to our “tails.” Then when we are ready, we release the air with a puff. We will practice some whale breaths during the 1/2 hour.

**LIN, CHUNYI**
Bio: Chunyi Lin is an internationally recognized Qigong teacher with a master’s degree in holistic healing. His fluency in numerous Chinese dialects afforded him the rare opportunity to study with many of the most respected Qigong masters in his native China. Chunyi is the founder of Spring Forest Qigong, and author of a #1 Amazon bestseller, *Born a Healer*. He is also coauthor, with the Mayo Clinic’s Dr. Nisha Manek, of a chapter on Qigong in a medical school textbook, *The Textbook of Complementary and Alternative Medicine*, Second Edition. He is director of the Spring Forest Center in Eden Prairie, Minnesota, USA, where he works with people from all over the world helping them and empowering them to overcome serious health challenges and return to optimal health, wellness, and happiness. Chunyi is also a member of the Transformational Leadership Council founded by Jack Canfield. In 2010, the executive committee of the World Qigong Congress named him International Qigong Master of the Year. Also, in 2010, two independent research studies, one by doctors from the University of Minnesota and one of the leading medical research centers in the United States, found that Lin’s Spring Forest Qigong techniques are helpful in relieving chronic pain. In 2014, Chunyi founded the non-profit Spring Forest Qigong Institute to help further his vision of “a healer in every home and a world without pain and suffering.”

**Workshop Title & Description: Revolutionary Qigong Techniques to Activate Your Qi.** Chunyi Lin combined the wisdom of the 5000-year-old Yellow Emperor’s medical manuscript with his own modern-day healing experiences to create the Five Element Qigong Healing Movements. These revolutionary new Qigong techniques merge breathing, gentle movements, emotions, sounds, and visualization to help you heal yourself on multiple levels. If you practice Qigong but never physically feel the Qi, this presentation is for you. If you want to connect to the deeper dimensions of Qigong, this presentation will open your eyes. Chunyi Lin will be sharing his experiences from healing, teaching, and coaching hundreds of thousands of people, demonstrating how everyone has this vital force and healing intelligence in them, and showing that everyone is born a healer.
McCOMISKEY, MIKE
Bio: Michael Hopkins McComiskey, a life-long teacher, has a degree in theology and taught spirituality for many years; and he has practiced and taught qigong for many years. He has served multiple terms on the Board of the NQA and currently serves on the NQA Advisory Council. He is affiliated with the Center for Complimentary Medicine at NY Presbyterian Brooklyn Methodist Hospital, where he teaches, and is visiting faculty at Pratt Institute. He has taught qigong for the FDNY and the VA. He is known for his love of science, his wide-ranging knowledge, his easy going style, his love of living, and his sense of humor. He laughs a lot.

Workshop Title & Description: Using Qigong to Open Your Intuition and Expand Your Connection to the Universe. We often feel that our daily life is a stress-filled struggle. And yet we have all experienced sudden intuitions, inspirations, inner ‘nudges’, synchronicities, and uncanny coincidences which have helped us, often in totally unexpected way. They actually happen every day, but we sometimes miss them because we fail to recognize them. Learn how a short but powerful daily qigong form that opens us and attunes us to notice and act on these ‘helps’ that are always around us. To tune into what Lao Tsu called the “Something” that “guides without forcing.” Learn to live in a state of openness and wu-wei. Help is all around, and this practice tunes you to it. As the mystic Kabir said, “Stop swimming so hard—get in the boat!” This practice will do that for you.

MEITZ, DEBORA
Bio: Debora Meitz earned her medical degree at the University of Miami School of Medicine. She specialized in women's health and alternative medicine as a family physician. She also studied meditation, spirituality, sacred sexuality, and the practices of tantra. Dr. Debbie has studied with teachers from around the world. She is an Advanced Certified Tantra educator, Tao Sexual Energy educator, and Universal Healing Tao Instructor. Sarina Stone is an internationally renowned, certified Universal Healing Tao Medical QiGong and Chi Nei Tsang (detoxifying/energizing abdominal massage) educator. She is best known for her ability to distill complicated QiGong principles to user-friendly formulas. Her user friendly online courses and retreats are designed to support radiant health, longevity, emotional balance, and personal success. She carries multiple certifications as an educator

Workshop Title & Description: Transmutation of Jing Qi for Health, Longevity, & Spiritual Enlightenment: An Integrated View. Taoist practitioners are being called to discuss the importance of reproductive energy cultivation and utilization from a real-world, scientific perspective. Dr. Debora Meitz and Sarina Stone, remind us that sexual energy work is a small but important part of a much bigger system of health and wellness. They share how to simplify and expedite Jing transmutation to Qi and Qi to Shen by blending modalities from the East and the West. From unaroused to orgasmic, reproductive energy is the one energy safely used for health and longevity, when taught properly. They explain exactly how Reproductive Qigong facilitates change on a molecular level. The heart is the master organ and the Qi of love must be allowed to permeate all tissue and energetic structures in order to attain a sustainable state of physical and mental radiance. Facts and simple exercises support the Way Without Force to tap into Jing in a safe, respectful environment.

PHILIS, ARISTOTELIS
Bio: Aristotelis Philis was born in Cyprus in 1965. At a very young age, he studied with the great mystic and world leading healer Stylianos Atteshlıs. Also in Cyprus he met Shaykh Nazim, the world leader of the Sufi Naqsibandy order. During his early twenties, he began his travels to China. This exploration lasted more than two decades. There he had the chance to learn and apply methods of various disciplines including Buddhism, Taoism, and TCM. During those years, he practiced Qigong and
Meditation at a deep level. Dr Yu Yong Nian, whom he met at Beijing, was an important teacher for him. His most important teacher was Yuan Tze. With him he studied, at a four year Teachers program, Zhineng Qigong and also Taoist methods. Currently he is teaching his own system, a combination of the Chinese Knowledge and also the knowledge of his own tradition, Ancient Greek Philosophy and medicine. The last two years he has been teaching in Cyprus, Greece, Italy, Germany, USA. Many other countries will follow. He was also teaching at qi channel.

**Workshop Title & Description: Breathing from Daoist Tradition to Modern Qigong Systems.** Explore breathing techniques from basic Daoist traditions to modern systems like Zhineng qigong, along with breathing techniques Aristotelis uses for his students and patients.

**REINHART, MARK R.**

**Bio:** Mark has been a student, teacher, and practitioner of the arts for over 50 years. He has been actively involved with the Eastern Arts since the late 60s. Reinhart is the founder and creator of The Path of Three Pure Rivers (San Qing He Dao), holds a Master’s degree in Medical Qigong, and has extensive and ongoing training in all facets of Classical and Traditional Chinese Healing Arts including numerous styles and systems of Qigong and Chinese Internal Arts. Mark published his new book Thunder Over Wind...Another Doorway Into the Wisdom of the YIJING (I Ching) in 2015 to offer another 'doorway' into the oracular aspect of this ancient key. The book includes a set of handmade IChing tokens. Mark is a Professional Member of the National Qigong Association (NQA), sits on its Advisory Council, and has served on the Board of Directors and as NQA President.

**Workshop Title & Description: Joining with Those in Front of You.** The long standing tradition of Classical and Traditional Chinese Healing and martial arts is to ‘Treat the Individual’ or with the martial traditions, to ‘Join’ with your opponent. The focus of most teachers is to share the information they plan to present to their students, clients, or attendees. But there are a few things to be considered: Are your clients understanding what is being presented to them? Is the information you present within their grasp? How do you assess whether your people are ‘picking up what you’re putting down’? Drawing on his over fifty years of teaching the cultivation-based arts, Mark will share his approach to constructing your message, either to an individual, class, or larger audience. He will tailor what he will teach determined by who is in attendance. And more importantly, share his process while he teaches. Most practitioners accumulate a vast number of tools in their tool boxes over the course of their personal journey, but how do you assess which tool is appropriate for the situation? Join Mark for this unique approach to learning, teaching, and joining. Ideal for Professionals and anyone who studies with the purpose of sharing our valuable arts with others.

**SAMSON, DUKE**

**Bio:** Duke Samson was born in Odessa, Texas in January 1943. Following graduation from Odessa High School in 1961, he attended Stanford University, where he majored in psychology and played intercollegiate football and rugby. He graduated from Washington University Medical School in 1969 and completed a surgical internship at Duke University Medical Center. His neurosurgical residency at the University of Texas Southwestern Medical School was highlighted by fellowships with Professor Gerard Guiot in Paris, France (1973) and Professor M.G. Yasargil in Zurich, Switzerland (1974). Dr Samson entered the United States Army Medical Corps in 1975, serving both at Clark Air Force Base in the Republic of the Philippines and Walter Reed Army Medical Center. In 1977 he joined the faculty at UT Southwestern, focusing his clinical and investigative interests on vascular diseases of the nervous system. He was promoted to Professor of Surgery in 1984 and assumed the chairmanship of the division of neurological surgery the following year. In 1987, neurosurgery at UT Southwestern achieved
departmental status and he accepted the W. Kemp Clark Chair of Neurological Surgery, established in honor of the division’s founding chairman. On September 1, 2013, he relinquished the departmental chairmanship and the Lois and Darwin Smith Distinguished Chair in Neurological Surgery to his friend and partner Dr. Hunt Batjer. Dr. Samson retired from clinical practice in September 2015 and was appointed Emeritus Professor at that time. Subsequently a Distinguished Chair in Neurological Surgery has been established at the University of Texas Southwestern Medical School in his name (current holder—Dr. Babu Welch). He has studied qigong with Chris Bouguyon in Texas for 12 years. Dr. Samson is the author of over 150 scientific peer-reviewed manuscripts, three surgical textbooks, and several opinion pieces in the medical literature. His wife, Dr. Patricia Bergen, is a recently retired professor in the Department of Surgery at UT Southwestern. They are the proud parents of Captain Lorne Daniel Samson USMC, and Gabriel Stanford Samson.

Keynote Title & Description: East Meets West in the Human Brain: A Clash of Cultures—Semantics, Successes, and Cynicism. An exploration of the contrasting fundamentals of Western and Traditional Chinese Medicine, with emphasis on the structure and function of the central nervous system and certain afflictions of the brain and spinal cord.

SANCHEZ, CAMILO
Bio: Camilo Sanchez is a licensed acupuncturist with a masters degree in Oriental medicine and 30 years of teaching and clinical experience in Oriental medicine. He is a past faculty member of the Acupuncture and Massage College in Miami, FL, and the Atlantic University of Chinese Medicine in Mars Hill, NC, with 25 years’ experience teaching Taoist Qigong and Tai Chi. Camilo is a published author of Taoist Meridian Yoga, a series of four e-books about Self-Healing with Qigong, and an upcoming book A Comprehensive Guide to Taoist Qigong. He has been a clinical director of therapists, occupational therapists, and group exercises instructors.

Workshop Title & Description: Integrative Qigong Self-Therapy for Neck & Shoulder Pain. Learn an integrative system of Taoist Qigong exercises for correcting the root causes of chronic neck and shoulder pain. This class will present a comprehensive view for the self-therapy of neck and shoulder pain including the main causes of neck pain, Western medicine diagnoses, energy channels and energy centers, life style recommendations, and a set of ten Taoist Qigong exercises for increasing range of motion, improving flexibility, balancing muscle groups, and toning and strengthening the neck and shoulder muscles and tissues.

SHANNON, BERNARD
Bio: Having studied for over 30 years, Bernard Shannon is an internationally recognized teacher of Medical Qigong, Daoist cultivation, alchemical and mystical practices, and martial concepts. He is the Executive Director of the International College of Medical Qigong, an ordained Daoist priest, and the Abbot of the Temple of Peace and Virtue.

Clinical Track Title & Description: Medical Qigong: A Clinical Approach to Migraines and Other Headaches. When people suffer from migraines, the pain can be debilitating. Migraines and headaches, whether mild or severe, affect the quality of our life because they literally shape how we see our world. In Chinese medicine, headaches can be differentiated based on their location and syndromes which can aid a determination of a specific diagnosis. They may also be symptomatic of deeper imbalances within the body, whether excess, deficiency, or stagnation of Qi or Blood. In this program, learn to prepare for clinical work, protocols for various types of headaches, and self-care exercises. Specifically protocols and self-care exercises will be taught for migraine, Taiyang, Shaoyang, Yangming, Jueyin, deficient Qi and Blood, and stagnant Qi and Blood type headaches.
OPEN FORUM ON QIGONG & HEALTH

Academic research on qigong is important for moving qigong forward in the medical community and for understanding what actually works. The NQA Research Committee reports monthly on the NQA website highlighting key research as it comes out and noting why that research study is important. The research panel has pulled together research using qigong as a treatment strategy to help practitioners understand this particular aspect of qigong.

- Dr. Mary L. Jurisson will talk about the patients she sees at Mayo Clinic and how she incorporates qigong into her medical practice. She will also share information about research being done at Mayo Clinic on qigong.
- Dr. CJ Rhoads will discuss her work to investigate different options to estimate the economic impact of integrative medicine practices such as Qigong to individuals/families, to insurance companies, to employers, and to the healthcare providers if it were used routinely as part of the standard of care.
- Kathleen A. Levac will discuss the research on diaphragmatic breathing and its benefits on nervous systems, lymph, and other systems.

Dr. Mary L. Jurisson, M.D. Physical Medicine & Rehabilitation, Mayo Clinic, Rochester. Dr. Jurisson received her undergraduate degree from Stanford University and Medical Degree from University of Minnesota and residency at Mayo Clinic College of Medicine. She has been practicing medicine for over 20 years, is Board Certified in Physical Medicine and Rehabilitation, Rheumatology, and Internal Medicine, and has been awarded the Best Doctors in America. Dr. Jurisson’s first tai chi teacher was Kuo Lien Ying and she has practiced or taught Tai chi since around 1972 and is familiar with many medical qigong sequences. She taught a simplified form in the Mayo CV Rehab program for 5 years, and led workshops for the American College of Rheumatology, Omega Institute, the Mayo GRIT conference. She participated on a scientific panel at an international Tai Chi Symposium in Nashville and was the director for a teacher training program at Mayo Clinic for EBTQ with Dr. Yang Yang. She has studied Yang 24, 40, 42, Sword 38; Tai chi chih; Tai Chi easy; Spring Forest Qigong; Jet Li’s simplified qigong/taichi; Charles Liu’s simplified forms; Asahi (simplified Tai chi with Yiquan components), and a number of other mind body movement practices.

Dr. Christine "CJ" Rhoads is a Professor in the College of Business at Kutztown University since 2004. Dr. Rhoads received her Master’s degree from Temple University in Educational Technology with a concentration in Instructional Design. She received her Doctorate in Educational Technology from Lehigh University with a minor in Business Administration. Her research interests include health decision making, leadership, entrepreneurship, business strategy, information technology and the economics of healthcare and integrative health practices. Her twenty five years of experience runs the gamut from successful technology startups to Vice President in Fortune 500 financial firms. She is also a widely published book author, the editor of a series of books for Entrepreneurs, and has written hundreds of articles, several of which have been published in peer-reviewed juried academic journals. She has been studying taijiquan for twenty years and was the National Champion and Gold Medal winner in Female Push Hands in October 2009 in the International Chinese Martial Arts Tournament circuit. She is a leader in Tai chi initiatives including the Taijiquan Enthusiasts Organization and 2018 Symposium for Integrative Health, Tai Chi & Qigong, and in promoting high quality tai chi and qigong research as part of the NQA Research Committee.
Kathleen A. Levac RN MS MQT. With over 30 years’ experience in healthcare, Kathleen is a respected author and national speaker on health issues. She has presented qigong workshops at the National Wellness Conference, National Adult Day Services Conference, International TASH conference, NQA conference, and has led numerous initiatives to improve health in preventive medicine and over 30 diseases. As founder of Health and Wellness Enterprises LLC, she offers programs that combine Eastern and Western health strategies, and is known for her wellness curriculum work for seniors and people with disabilities. She is an ordained Buddhist Lama in training, Yogic Healer, Healing Touch Level 4 practitioner, Medical Qigong Therapist and an integral qigong and tai chi, and tai chi easy instructor, and NQA Level 3 Advanced Qigong Instructor. She is the chair of the NQA Research and Education Committee and has coordinated a national qigong research study for the IIQTC documenting the benefits of qigong on perceived stress levels, high blood pressure, and weight loss which was presented at the NWC, NQA, and NASDA conferences.