

National Qigong Association



**Cultivate Energy**  
Wisdom • Health • Peace

## 2020 KEYNOTE AND PLENARY DESCRIPTIONS

### **Keynote: Ken Cohen**

#### **Keynote Title: The Way of Qigong: Ancient Roots, Scientific Branches**

**Description:** In the fifth century BCE Lao Zi, the founder of Daoism, wrote, “Returning to the root is called tranquility and the renewal of life.” In this dynamic talk, Ken Cohen will explore the ancient sources of qigong in Shamanism, Daoism, and Chinese medicine, and how qigong’s healing benefits are validated by modern science. Yet qigong is far more than a complementary therapy; rather, through its gentle exercises and meditations, it links us to the source of life energy in the universe, what in China is called “the original qi of Heaven and Earth.” It thus reboots the body’s entire healing system and restores balance and harmony.

**Bio:** Ken Cohen, M.A. ([www.qigonghealing.com](http://www.qigonghealing.com)) is a renowned Qigong Grandmaster, author of *The Way of Qigong* (Random House) and more than 250 journal articles, including various works in the Chinese language. With more than 50 years of experience, he was the first person to lecture about qigong in U.S. medical schools. Ken is the recipient of the International Lifetime Achievement Award in Energy Medicine.

### **Plenary Presenter Name: Jianye Jiang**

**Bio:** Jianye Jiang has made it his life’s mission to not only continually develop himself as a martial artist but to also dedicate himself to the teaching of authentic Chinese martial arts here in America. He was born in China in 1950. He began studying martial arts at the age of 5, learning from the most well-known masters (including Yu Mingwei, Yu Hai and many others). He received his BA and MA degrees from Qufu University and Shanghai Physical Education Institute. A national and international judge in China and the U.S., he is also a master calligrapher. Jiang Jianye is one of the most respected martial arts instructors currently teaching in the US. In addition to an unparalleled knowledge in the martial arts, it is his personality which people cite as his finest quality. Soft spoken, warm and passionate, Jianye exemplifies the finest qualities in a teacher that a student could hope for.

# 2020 PRESENTER BIOS & WORKSHOP DESCRIPTIONS

(Listed alphabetically by last name)

## **Presenter Name: Ani Anderson**

**Presentation Title: Create a Thriving Qigong Business- Do what you love and make a huge impact in the lives of others**

**Workshop Description:** Would you like to make your living teaching Qigong? Many people walk around wishing they could make their beloved hobby their day job, but what most people do not know is... it's actually very easy to do! Sharing your qigong practice can change and even save people's lives. One of the best ways to impact more people is through the creation of your own holistic business. Join seasoned entrepreneur, Ani Anderson, as she walks you through the framework you need to start a thriving qigong business. In this workshop you will learn: The exact structure you need to put in place to create a business that pays your bills-How to always be able to find people who want to take your classes without flyers-Why most people actually push new clients away (by accident) and how to influence skeptics. You will leave this session understanding how to go from qigong lover to holistic business owner!

**Bio:** Ani Anderson, MS, OT, LMT, CEMP, SBMC is the bestselling author of Finding Your Soul's Agenda and co-creator of Sensation-Based Mindset Coaching. She has been an entrepreneur for 20 years and brings the ancient arts to thousands of people world-wide through her business. Over the years, Ani has facilitated the creation of: -2 holistic wellness centers-2 international training institutions-and more than 20 virtual products including DVDs, books, streaming videos and courses Ani believes that everyone has the capacity to make a living doing what they love. She has worked with beginning entrepreneurs, seasoned professionals, and visionaries CEOs to help them bring their big dreams into reality.

## **Presenter Name: Chris Bouguyon**

**Presentation Title: Qigong Principles: A Deep Dive**

**Workshop Description:** All Tai Chi and Qigong styles are rooted in a foundational set of Qigong Principles which allow the strength, flexibility and grace to unfold during training. Join Chris for a deep dive into these 8 Qigong Principles which are guaranteed to inform, and nurture, any training style you practice. Together we will explore each of these Principles through a collection of simple, yet profound Qigong movements.

- Ground Energy = Core to Floor Structure
- Rising Energy = Building the Spine
- Minding the Breath = Exploring Volume and Pace
- Expansion / Absorption = Opening Joints While Holding Structure
- Yin / Yang = Explore and manipulate opposing forces
- Sinking Energy = Using only the muscles you need
- Listening Energy = Refine and Amplify your Deepest Awareness
- Smiling Energy = Stack the Principles and Relax your Heart; Enjoy the practice!

**Bio:** Chris 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 fourteen 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 Clinic which specializes in using Integrative Medical Qigong therapies to support physical, behavioral health and trauma recovery. In 2018, he and his wife Fayne opened their SimplyAware Wellness & Training Center in Richardson Texas; a facility dedicated to helping people on their healing journeys. [www.SimplyAware.com](http://www.SimplyAware.com)

**Presenter Name: Jeff de Castro****Presentation Title: Teaching Children: A Zhineng Qigong Perspective**

**Workshop Description:** For 3 years I have been teaching Zhineng Qigong to children ages 3-12 at the EAC Montessori School of Ithaca, (I also taught art there for 10 years) and I have learned insights into the teaching of Qigong to children. I have also taken a class taught by Master Zhu about the teaching children paranormal abilities and Master Mingtong's Pure Consciousness and have integrated their teachings into my classes. I will share through demonstration and instruction how I teach children and how I have adapted child development into my teaching of different ages. While learning about the basic movements of Zhineng Qigong I will show how and why the teaching of children is paramount to the bettering of society. I will give demonstrations of techniques whose purpose is the opening of a child's mind to movement.

**Bio:** I have been a professional artist all my life. I have exhibited my public art installations and performances at many public sites and artist spaces in the Northeast, from Massachusetts, Rhode Island, New Jersey and New York to the Dominican Republic. I have gained many grants and awards including residencies such as Sculpture Space, and multiple grants from organizations such as the NEA, MEA, First Night, and others. In 2000 I was one of a few Massachusetts recipients of an award by the National Endowment for the Arts and Community. I have specialized in the participation and teaching of children my whole life. I began teaching Zhineng Qigong to children after I suffered from two strokes and recovered from them. Part of that recovery was my practice of Qigong. I began teaching a 5 minute session at the beginning of art class and within a year it grew to 200-250 students as a part of the schools mindfulness program. Classes are between 20-40 minutes. I work with the teachers.

**Presenter Name: Lorelei Chang****Presentation Title: Intelligent Qigong**

**Workshop Description:** Due to popular demand Lorelei is thrilled to offer Intelligent Qigong once again, and hope to help the participants deepen their practice. Intelligent is also known as Zhineng Qigong in Chinese. Zhi means Wisdom, Neng means ability; Zhineng together means ability to accumulate the energy of intelligence and increase one's level of wisdom. 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. Lorelei learned the intelligent Qigong has been practicing Intelligent Qigong more than 30 years. It's one of the Qigong forms that she practices religiously everyday. It's also one of the most effective Medical Qigong forms that help her heal dance injuries. Lorelei is excited to share with all!

**Bio:** Lorelei Chang is a renowned modern dance artist, Qigong teacher and a Chinese calligrapher who has dedicated her life time to study these disciplines for nearly 40 years. She is the founder and artistic director of dancEnlight and a board member of the National Qigong Association. Lorelei has taught at the Kripaulu Center for Yoga and Health, Omega Institute for Holistic Studies. Lorelei is a certified instructor of Radiant Lotus Women's Qigong founded by Daisy Lee. While Lorelei continues thriving in the dance world, she also expands her horizon into Traditional Chinese Medicine since 2015. Lorelei studies Traditional Chinese Medicine with Lonny Jarrett. She has been studying the Five Element meridian Shiatsu with Nini Melvin and thrilled to open her own Shiatsu practice.  
[www.dancenlight.org](http://www.dancenlight.org)

**Presenter Name: Mardi Crane-Godreau****Presentation Title: Qigong in Daily Life: Bridging Ancient Practice with Cutting Edge Neuroscience**

**Workshop description:** For those who teach or practice qigong, there is little doubt as to the benefits. Yet we are often faced with skepticism coming from potential students, clients and medical providers. Addressing this skepticism has been a goal of collaboration between myself and Peter Payne for more than a decade; we have worked to bridge the credibility gap through research, trainings and publications. Over the last 6 years we have conducted clinical trials from our base at Dartmouth Medical School, specifically looking at a wide range of biomarkers and measures of well-being. Now, finalizing Phase 3 of these randomized control studies, I will report on improvement to specific measures and the success of the training methods that we used including the most basic elements of qigong, body awareness, posture, and breath, taught in the context of activities of everyday living, walking, standing, sitting, lying down and quietly watching the breath. Methods and outcomes will be freely shared.

**Bio:** I am a student, teacher, and writer on a journey that has been made a thousand-fold more meaningful by having qigong in my life. Sharing qigong gives purpose. Living in a mountain valley in Vermont, cultivating blueberries and vegetables and playing with my dog is sustaining and peaceful. If requested, I have a complete CV that I would be happy to send to you. Thank you for considering my application.

**Presenter Name: Mark Gallagher****Presentation Title: Directing Qi through the currents of the circle with Mark S. Gallagher**

**Workshop Description:** Baguazhang is the practice of Qi flow through circular patterns to create and release energetic transitions. It is based on the Taoist philosophy of the eight trigrams, where each trigram represents a unique energetic expression. When performed slowly, Bagua is known for meditative health cultivation; and when performed fast, circle-work improves martial awareness. As a Qigong, Bagua creates a joyous, meditative and relaxed state of awareness. The gentle circles stimulate Qi flow to specific organs and meridians, relax the body, and calm both mind and emotion. The Simple Circular technique, emphasized in this workshop, will provide fundamental insights into spiraling energy work, activate spleen, kidney and triple burner and can be practiced from stationary postures, or with stepping patterns. A fun and informative workshop exploring energetics.

**Bio:** Mark has studied Chinese Internal Health practices for over 20 yrs., and recently earned a doctorate in Medical Qigong (DMQ). He is a holistic healing practitioner and teaches classes and workshops in Qigong (Taoist self-healing breath-work, mindfulness and energy practices) and meditation. He is a member of the National Qigong Assoc. (NQA), and Trustee President at the Institute for Spiritual Development.

**Presenter Name: Francesco Garri Garripoli****Presentation Title: Qigong Organ Cleansing & Emotional Alchemy**

**Workshop Description:** Although Qigong typically adheres to Traditional Chinese Medicine concepts of the Five Elements and related emotions, it is not common for Qigong practice to address emotional transformation in a practical way. This workshop will explore how various Qigong moves can support the practitioner in tapping the Qi energy behind emotions through a practical transformational “alchemy” process using breath and specific moves. This Heart-centered approach helps us work with the Shen Qi Field in a tangible way for our personal evolution and inner harmony.

**Bio:** Francesco Garripoli is an internationally recognized Qigong and meditation instructor, author, songwriter, brainwave researcher, Chairman Emeritus of the National Qigong Association and current Chairman of the Qigong Institute. He is an Emmy Award-winning television producer featured in Qigong instructional DVDs and leads workshops and retreats around the world. Learn more at his You Tube Channel [Youtube.com/c/Francesco Garripoli](https://www.youtube.com/c/FrancescoGarripoli) and at [www.CommunityAwake.com](http://www.CommunityAwake.com)

## **Presenter Name: Frank Hanley**

### **Presentation Title: Intent / Intention --- Why Do You Practice Qigong?**

**Workshop Description:** A lively, interactive discussion on intent - Why do you practice Qigong? What is "Intent"? Intent is a plan, or purpose, to do something. What is my "intent" - why do I practice qigong? I practice qigong for several reasons. First, I enjoy it. I enjoy breathing fresh air in the morning. I enjoy stretching in the morning. I enjoy showing others how to practice qigong and how it can make them healthy. Next, my daily intent is to fight this disease that I carry. The disease doesn't take a day off. The disease is always attacking me. It is always hurting me. It makes me weaker and weaker by the moment. To fight back I use Qigong and Kung Fu. These are the two things I have to help me combat the disease. And my biggest driver is intention... I start every day with the intention of not letting the disease win. Qigong helps me feel better... and I intend to get better. Let's identify, describe and embellish your intent, your purpose(s) for practicing Qigong!!

**Bio:** Frank Hanley is a LEVEL I certified, professional member of the NQA and serves on the Conference Planning Committee. ("Sihing") Frank began practicing Kung Fu in 1987, he has been practicing the Hung Ga Kung Fu style, Dit Da medicine and various Qigong forms since 2010. Frank has trained under SiFu Tom Grant, SiFu John Jurewicz, and studied with Hung Ga Kung Fu Master Yee Chi Wai. Frank teaches both Kung Fu and Qigong, and is an Iron Palm practitioner. Frank was diagnosed with Facioscapulohumeral (FSHD) Muscular Dystrophy in the early 1990's. Since learning Qigong from Sifu Grant, he has been using a daily Qigong practice to combat the disease. He recently established the "FSHD Society - South Carolina Chapter" and serves as the Chapter Director. He holds a Master's Degree in Project Management and an undergraduate degree in Computer Science.

## **Presenter Name: Mark Johnson**

### **Presentation Title: How To Integrate Yourself Sabotaging Subconscious With Qigong**

**Workshop Description:** Most everyone is stressed out and frightened and the way they breathe shows it. Their upper chest breathing actually exacerbates the stress and the inflammation that results, so I will reveal an Ancient Daoist method of breathing titled: "Self Release." It not only trains you in how to breathe deeply, it is done in such a way as to release your childhood rage, sadness and fears.... allowing joy and laughter and even mystical experiences to occur naturally. There is no where I teach this aspect of Daoist Qigong that I don't open with this purifying experience and the results are jaw dropping. It is powerful because it utilizes the Thrusting channel and often clears out the subconscious in 45 minutes. The rest of the time we just sit around enjoying our innate divinity.

**Bio:** Mark Johnson is one of the founders of the NQA and has over 50 years experience in many Chinese disciplines: His Daoist training includes Tai Ji, Qigong, Feng Shui, I Ching, and Chinese Calligraphy. He conducts workshops nationally and internationally and has sold over 800,000 videos for seniors. He is a certified National Tai Ji Tournament Judge and has officiated over 50 tournaments in the past 20 years. He has taught many famous people, including Francis Ford Coppola, Tom Cruise, Nicolas Cage, Patrick Swayze, Mickey Rourke, Ralph Macchio and many others. He recently authored a new book titled: "Life As Play" and he will not rest until it is in every motel room on the planet.

## **Presenter Name: Trace Konerko**

### **Presentation Title: 18 Breaths**

**Workshop Description:** I would love to share a breathing sequence I put together about 4 years ago to help newer practitioners build a bridge between their qigong practice and their desire to learn longer, more complicated taiji forms. It is a standing practice called "18 Breaths" with a continuous flow of 18 different movements, one for each breath. I wanted to give students an opportunity to explore the function of gravity and effortlessness that changes one movement into the next while allowing the breath to grow longer and slower with each cycle. Those with reservations about having to "memorize taiji" would be able to exercise their minds and practice "choreography" without having to coordinate the base of the body. The sequence weaves together traditional qigong movements, martial applications and harmonizing of the heart and lungs so that a true sense of emotional balance and alertness is felt by the final breath cycle. This workshop works well for 1 hr or less.

**Bio:** One of my greatest joys is bringing qigong and taiji to all ages and arenas of life. After falling in love with the Yang Style Long Form of taijiquan 26 years ago, I set out to understand how this new discovery would affect my life and eventually the lives of others. Today, I am so grateful for the wisdom of my first teacher, Sherry Tschernisch and my time in China with Master Zhou Bu Ju, as well as the hundreds of incredible teachers and students I have met along the way; from the patients at the Othmer Cancer Center to the talented performers in ABC's Diversity Program to possibly my wisest students to date - preschoolers at The Occidental Child Development Center. In 2014 I began HeartMind T'ai Chi which, until my recent move to Portland, Oregon, brought qigong and taiji to the LA area. I am thrilled to be in the Pacific Northwest taking in new experiences, more time with my husband and 12 year old daughter, the beautiful trees, fresh air, and a whole new community of Qi.

## **Presenter Name: Daisy Lee**

### **Presentation Title: Radiant Lotus Qigong - Essential Practices**

**Workshop Description:** You leave for the airport early as the highways are a mess due to construction. When you arrive, the flight is delayed due to a lightning and thunder storm. Three hours later, your flight is canceled altogether. Mayhem ensues as ticket agents do their best to rebook and rearrange flights for countless irate passengers. Finally, they get to you, but the next available flight is no longer direct...You: a) explode with colorful expletives as your blood pressure rises b) coolly insist she find you a comparable flight as you HAVE to be at the NQA conference! c) apologize for making more trouble for her ...OR... d) breathe deeply and slowly and practice the 3 Essential Movements of Radiant Lotus Qigong: Showering Qi, Flying Phoenix and Lotus Rises. We all have choices to make in a crisis, but In this workshop, Daisy will share the practices that have brought her the greatest calm, balance and ease, whether on the road, in the air or amidst the inevitable chaos of life.

**Bio:** Daisy Lee, a respected leader in the qigong world with more than 20 years of teaching experience, lectures and conducts workshops and instructor trainings internationally. She is the founder of Radiant Lotus Women's Qigong, an empowering system of self-care taught by women for women. RLWQ is now taught in 13 countries with over 200 certified female instructors worldwide. Daisy also teaches annually at Kripalu Center for Yoga & Health, Omega Institute, and other educational institutions. Although a good portion of Daisy's work focuses on women's health, her co-ed programs are popular with everyone. In 2018, she was invited to teach online on the Shift Network which introduced her Qigong to an even broader audience. Her programs continue to inspire practitioners to better manage stress, increase peace, joy and dignity, creating a more rewarding path to wholeness. In 2020/2021, Daisy will open the Radiant Lotus Retreat Center with her partner, Mark Roule, in Isabela, Puerto Rico.

**Presenter Name: John C. Platt****Presentation Title: The Five Element Orchard: Energy from Trees**

**Workshop Description:** "The Five Element Orchard: How to get Energy from Trees" workshop will allow participants to learn about a number of teachings that show us how to absorb energy from the trees that are all around us. We will learn postures, breathing techniques, and positioning, as well as which trees are used for specific healing physical and emotional concerns. Participants will experience the feeling of prana or Qi within trees and within themselves, as well as take home a series of techniques and tree energy routines that allow them to get the most out of what nature has to offer.

**Bio:** John has been learning and teaching various Chinese Arts since 1966. In 1991 he began an intense study of Qigong under various teachers, including Shifu Jiang Jian-Ye, teachers Lee Holden and Dr. Yang Jwing Ming. John is certified to teach Tai Chi and Qigong from The New York Central District Tai Chi and Kung-Fu Association, and he holds a Level III Certification from the NQA.

**Presenter Name: Mark R. Reinhart****Presentation Title: Root-Stem-Branch**

**Workshop Description:** Contained in every seed is all the information necessary for that seed to fully manifest its potential. The same is true with we as humanity. Where as a seed is totally dependent on the environment in which it ultimately germinates, we have the unique ability to guide our own cultivation. That simple yet profound understanding speaks to the responsibility we hold, should we decide to accept it, for the quality and longevity of our lives. Join Mark as he shares movement, meditations and his unique perspective on personal cultivation basics. All are welcome!

**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 Board of Directors and is currently serving as NQA Deputy Chair.

**Presenter Name: Camilo Sanchez****Presentation Title: Qigong Self-Healing Strategies for Chronic Health Disorders**

**Workshop Description:** Qigong healing classifies chronic health disorders into three main categories. This workshop will present the classification of chronic health disorders in Qigong healing and the key self-healing strategies for each main pattern of imbalance. The class focuses on defining each pattern of imbalance, differentiating the three main patterns, main signs for each imbalance, associated Western disease categories, common health disorders associated with each pattern, and a targeted set of self-healing exercises and strategies for each pattern of Qi imbalance. This class will provide you with base information for managing chronic health imbalances, inspire your Qigong practice, and empower your own self-healing and well-being.

**Bio:** I am a licensed Acupuncturist with a master's degree in Oriental medicine and thirty-years of clinical and teaching experience. I have shared my passion of the Oriental healing arts with thousands of students in the United States, Asia, and South America. I am a 20th generation Chen Tai Chi and Taoist Qigong disciple under Master Zhang Xue Xin of Beijing. I am a published author of Daoist Meridian Yoga, a series of three books titled 'Self-Healing with Qigong', and an upcoming book titled, 'Body of the Inner Elixir: A Comprehensive Guide to Taoist Qigong. I served as a faculty member of the Acupuncture and Massage College in Miami, FL, and the Atlantic University of Chinese medicine in Mars Hill, NC. Presently, I am the director of the Empower Life Center in Charlotte, NC, where I offer personalized healing programs of Acupuncture and Chinese medicine, integrated health, mind-body wellness consulting, Qigong mentorship, and authentic instruction of Tai Chi, Qigong, and Taoist Yoga.

**Presenter Name: Khalid Shakoor****Presentation Title: Maahaah Rooh Qi Gong , TCM, and Mental Health**

**Workshop Description:** Based on my Qi Journal Article, I will lecture on modern mental issues and discuss how Traditional Chinese Medicine as well as Asian Medical protocols can greatly assist with this growing problem ( Depression, PTSD, Bi-Polar etc). The second part will be an interactive of practicing Medical QiGong and Mindfulness as the primary vehicle to address these patterns of imbalance. There will be several hand outs given so the participants will have references to help with the retaining of the information imparted in this workshop.

**Bio:** I have been practicing Energetic Medicine and Sciences for 56 yrs, 30 of those as an instructor mainly in clinical and university settings. I was a private student of several Asian and American Masters. I currently teach Energetics at the Dragon Rises College of Oriental Medicine (Medical Qi Gong, Mindfulness, and Tai Chi Chuan). I teach these same arts at Santa Fe Community Education and Mat life training Academy. I am the Director of the AUM Institute of Energetic Medicine which is apart of Santa Fe College Corporate and Continuing Education, and I am Assistant Director of the Karma Thegsun Choling Tibetan Meditation Center where teach Meditation and Mindfulness.

**Presenter Name: Cari Shurman****Presentation Title: Tai Chi for Kids -focus, fitness, calmness, fun**

**Workshop Description:** This simplification of traditional Tai Chi is perfect In school, at home or for therapy sessions. It is non-competitive, involves visualization, improves the flow of energy to all cells of the body and increases self-awareness and cooperation. Kids love the inner peace, the release of stress. It changes their performance, and and increases self-esteem. The workshop will include: Practice of the moves Scientific explanations Visualizations Studies Challenges Objectives: Experience the satisfying feeling of a focused non-competitive exercise that can be a tool for life. At the completion of this session participants will be able to implement Tai Chi into classes, use with individuals, explain the values of Tai Chi, and create a beneficial program.

**Bio:** I discovered QIGONG in China in 1991. When I saw how the students responded to the movements I was determined to learn it and use it. Later, When I saw how my own students responded I knew this was a marvelous tool for all students everywhere. Over three years I used qigong movement with my students until I understood the adaptations that would allow teachers and therapists to easily use it.I started a wellness center where I continued experimenting and teaching. Once I produced the DVD I began contacting schools everywhere. I was very fortunate that the NYC public schools invited me to offer workshops to their teachers. I have worked with teachers in hundreds of schools reaching thousands of students. My dream is that every student has the opportunity to experience the calmness and focus of Tai Chi for KIDS.

**Presenter Name: Kevin Siddons****Presentation Title: The Xingqi Practice of Hu Yaozhen - Meditative Practices of Qi Circulation**

**Workshop Description:** The Qigong of Hu Yaozhen is very unique. In 1959 he published his first book on Qigong. In this text he describes a set of three Primary Exercises and a series of Supplemental Exercises. This workshop will be an experiential chance to learn and practice some of these exercises. Working from a new translation of this exciting text Dr. Siddons will teach the first of the three Primary Exercises (Keeping the Mind on the Middle Dantian). This exercise will be taught as a sitting meditation initially; we will progress to a standing technique and then a moving technique. Dr. Siddons will also teach a Supplemental Exercise - Three Hearts Returning to One. This will also start as a Sitting exercise and progress to standing and moving exercises. There will be time at the end of the session for questions and handouts will be provided.

**Bio:** Dr. Siddons has trained in Shorin No Tora Karate (Black Belt), Aikido (Blue Belt), before starting to practice Qigong. Initially working off a DVD, he trained with a Hun Yuan lineage teacher for 7 years. He now trains with Dr. Henry McCann (another Hun Yuan lineage teacher).For the last 5 years, Dr. Siddons has been working with translators to bring Chinese texts on Qigong into English. The first project was one historical version of Xi Sui Jing (Essence Cleansing Scripture). More recently he has been working

on translating the series of Master Hu Yaozhen's Qigong texts (1959, 1961, 1963, 1967, and 1971) and Five Animal Frolics Qigong text. Another project is Master Jiao Guorui's teachings on the 15 Taiji Movements Qigong form. Dr. Siddons is a practicing Buddhist in the Plum Village tradition of Thich Nhat Hanh. He is an ordained member of the Order of Interbeing (2015).

**Presenter Name: Solala Towler**

**Presentation Title: Great Spiraling Dragon Qigong from Wudang Mountain**

**Workshop description:** This short yet powerful qigong form comes from the Wudang Mountains, an ancient and sacred mountain range in China. By embracing the yin energy of the moon as well as the yang energy of the sun we fill ourselves with healing light and qi. Then, as the dragon spirals up to the heavens we are uplifted out of the mundane and into the cosmic. And by balancing the yin and yang polarities of our own body/energy system we come away with a clear mind and a full heart.

**Bio:** Solala Towler was editor/publisher of The Empty Vessel: The Journal of Daoist Philosophy and Practice for 25 years. He has had twelve books published, which have been translated into six languages and is one of the founding board members of the NQA as well as past President. He has taught qigong and Daoist meditation for 30 years and leads tours to study qigong in the sacred mountains of China. He also practices Daoist Gong Fu Tea ceremonies.