

2017 PRESENTER WORKSHOP DESCRIPTIONS AND BIOS

Listed Alphabetically

LARA ALEXIOU

WORKSHOP: The Tao of Meditation with 5 Element Qigong Music: Did you know that your internal organs literally vibrate and react to certain sounds? This means that mindfully selected music can help to clear out your emotional mind and cleanse the body of negative emotions. Sound vibrations are also seasonal. Throughout of year, the energy of the body - the Qi flow - can get sticky and congested within the organs, leaving you feeling moody in the spring, stressed in summer, depressed in the fall, and depleted all winter. In this workshop, experience the power of meditation with specially composed 5 Element Music for Qigong. The music and meditation techniques will help you maintain a seated mindfulness practice all year, tailored to address the emotional challenges of the seasons. No prior meditation experience is needed. Come experience the tangible flow of Qi through group meditation and 5 Element Qigong music! All music is original and composed by Master Teacher Jason Campbell, used with permission for our workshop. Additional faculty: Yanni Alexiou 200 hour Zen Wellness Qigong Certification

BIO: Lara Alexiou has been teaching Yoga, Qigong and the Eastern Healing Arts for 15 years. She has apprenticed under Master Teachers Michael Leone, Jason Campbell and Ping Zhen Cheng and completed over 500 hours of Qigong training in movement, theory and meditation. She has trained dozens of instructors in 200 and 500 hour Zen Wellness Yoga and Qigong Instructor Certification. She currently runs her own award winning studio, Steamtown Yoga, along with her husband in Scranton PA. For almost a decade she has been teaching the healing of Qigong, Yoga and the Eastern Healing Arts to thousands of students through classes, workshops and retreats. A TEDx Talk presenter in 2014 with a talk entitled Architecture of the Body, Mind and Soul, Lara addressed how the Eastern Healing Arts helped her through a Multiple Sclerosis diagnosis at the age of 26 and why she is so passionate about teaching these practices.

CHRIS BOUGUYON

WORKSHOP: Exploring Healing Sounds: Everything vibrates - Light, sound and objects all vibrate at a resonate frequency. Let's explore together the fundamental science and then techniques behind a Healing Sounds practice. Are you wanting to tonify or purgate? For you or someone else? What is the difference? Does it matter? Come explore the power of this practice through active participation and open, honest discussion.

BIO: Chris holds a Master of Medical Qigong Certification with 38+ years of martial arts training including 25+ years of instruction in both Eastern and Western medicines & therapy practices. He teaches weekly somatic therapeutic Qigong and Tai Chi classes using his nationally recognized Training Mindfully with Qigong Principles™ Program. After 7 years of direct active duty military, veteran and behavioral health somatic therapeutic program delivery, Chris decided to open the Medical Qigong Therapy Center which specializes in using Integrative Medical Qigong Therapies to support behavioral health and trauma recovery.

FAYNE BOUGUYON

WORKSHOP: Listening Deeply. Tune in to what you are feeling, what you are thinking, what you are doing, how you are responding. Explore the impact on your body of the subtleties, buried within the details of a movement. Become deeply aware of tension. Where does it come from? What are its roots? ... Listen to the talking in your head. Where does it take you? Really listen – authentically, honestly, with your whole being. Connect with what is holding you back from being the YOU that you want to be. LIVE Qigong, don't just play Qigong.

BIO: Fayne ties together a background in Psychology (focused on childhood memory, interpersonal communication), Life Coaching, Martial Arts, Massage Therapy, Meditation, Business and Family. Fayne maintains a business and a teaching schedule of private and public classes, workshops, CE programs, and guest lectures in the Southern Methodist University (SMU) Psychology department. As the co-founder of SimplyAware, she brings awareness training to people of all ages and abilities. She loves teaching students to see the complexity in simplicity. As the co-creator/presenter of the Training Mindfully with Qigong Principles program, Fayne helps people that are ready to be honest with themselves take the steps necessary to grow towards their highest best self.

LORELEI CHANG

WORKSHOP: This playful workshop shares the wisdom of Qi cultivation with simple exercises based on the Hun Yuan/Primordial Qigong and Intelligent Qigong forms. Lorelei Chang, trained as a professional dancer, in China, studied Taiji Quan and Qigong at very young age. She understands the connection between the body and mind, deeply through her life experiences as performing artist and Qigong teacher. Come join Lorelei at the "Qi playground" and enjoy "Qi games" with all.

BIO: Born in Beijing, China, Lorelei was trained as a professional dancer under full scholarship. Besides her dance training, she also learned Chinese Calligraphy at age 4. Her first ballet teacher introduced her to Taiji Quan and Qigong when she was 22 years old. She has been practicing them for over 30 years and had incorporated Taiji, Qigong and Calligraphy into her dance teaching and choreography. Chang is the founder and artistic director of dancEnlight, a modern dance company based in Manchester, CT. She also teaches Qigong, Yoga, Pilates and Chinese calligraphy. She is a certified Radiant Lotus Women Qigong instructor and a Professional member of NQA. She won a Gold Medal for 24 form Taiji Quan, and Silver Medal for 42 form Taiji Quan in 2012.

TED CIBIK

PROFESSIONAL TRACK WORKSHOPS: In classical Chinese medicine, the system that stores the emotions in the body is a separate system that acupuncturists rarely use – the Luo Channels. They are offshoots of the 12 Primary, but are the sole supporters of repressed emotions, trauma and mental programming. Often it is these blockages that cause autoimmune disorders and cancer. Energetically, Luo channels are worked on differently than other channel blockages. These sessions will instruct participants how Luos are formed and where they are formed energetically. Armed with this information, we will also discover unique methods of purging and balancing out these blockages.

TED CIBIK BIO: Dr. Cibik was awarded the title of Zhong Yi 中醫 or Doctor of Chinese Medicine / Taoist Priest - an 89th disciple of Jade Purity/Lao Tzu Sect . 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.

Dr. Cibik is the founder of Formless Taoism, a sect directed from his two near death experiences and “crossing over” - resulting into 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. Dr. Cibik lectures around the world to hospitals, corporations, private institutions, and government agencies.

FRANCESCO GARRIPOLI

WORKSHOP: Qi Meets Prana - Qigong’s Vibrational Resonance with Yoga. It’s no surprise that many people who practice Qigong have at least explored Yoga...and many who seriously practice Yoga are more and more curious about how complementary Qigong can be for them. Francesco’s personal practice has included Yoga for a long time, so this session will introduce a practical merging of Qigong and Yoga in a way you may not have thought about before. Combining the vibrations of Qi in the Meridians with Prana in the Chakras through specific “bridging” movements and concepts, will be presented by Francesco with assistance from his partner, international Yoga instructor Ambikha Devi.

BIO: Frances Garri Garripoli is an internationally recognized Qigong instructor, Yoga practitioner, musician, brainwave researcher, author, lecturer, and wellness advocate. Past Chairman and current advisor to the NQA, Francesco is featured in a series of award-winning, instructional Qigong DVDs and through his experience living in China, India, Hawaii, and Thailand studying with elder healing Masters, he 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 brainwave feedback software bridges Western and Eastern healing concepts, as do his Study & Healing Trips around the world. More info at: CommunityAwake.com

CYNTHIA GRAHAM

WORKSHOP: Qigong for Non-Neurotypical brain development (ADD, ADHD, ASD, Headache).

So far apart in terms of ability to adapt to social requirements and norms, however, these are judgments made as an outside observer. Perhaps the reality is very different. What if all the above labels were changeable, not a life-long difficulty? Qigong uses massage, neutral compassion, breathing, attention with intention and sometimes herbal remedies to effect change. Perhaps change is possible, better health and well-being on a continuum. This is Qi Gong. This is where miracles begin! This is science at its highest level! "Everything in life is vibration." Albert Einstein

BIO: Cynthia Graham is an RN (BSN-UT Houston), Traditional Naturopath and Certified Qigong Instructor. She is Creator/Owner of Nurse NaturalPath, a company intent on better health through holistic education and choice empowerment. Cynthia is a public speaker, educator and private consultant with an avid interest in home remedies, cultural healing practices, and mind-body disciplines. Her most recent adventure is "Herbal Excursion to Ireland", a joint teaching expedition with Steven Foster. Topics include Herbs, Qigong, Essential oils, Homeopathy and more. She has studied holistic techniques in places like Beijing, China; the Amazon River Basin and San Marcos, Texas.

JIANYE JIANG

WORKSHOP: Yin Yang Medical Qigong. These 20 forms were created by Grandmaster Jianye Jiang after researching many different types of Qigong in China. Chinese poetry is used with nature pictures to visualize Yang Qi (chi) from Heaven and Yin Qi from Earth, then bring Yin & Yang Qi into organs to maintain health, vitality and longevity.

BIO: : M.S./PE: Jianye began his wushu studies at age 6 under tutelage from masters such as Hu Mingwei, Yu Hai, Uizhang Zhao and Yongxiang Zhou. He completed his BA and Masters degrees from Qufu University and Shanghai Physical Education Institute. He's been a tournament judge in the US and China, and is a board member of the USA National Tai Chi Chuan Federation. Master Jiang has acted in movies produced in China, Japan and Australia and himself has produced over 300 instructional videos in Chinese Martial Arts and Qigong. In addition to being a wushu expert and teacher for over 30 years, Master Jiang is also a master calligrapher, having won national and international awards. Sales proceeds of his prize winning calligraphy have raised over \$10,000 in donations to the Shandong Disabled Association in order to better the lives of those living with disabilities.

BRIAN KUNSMAN

WORKSHOP: Qigong Healing Tuning the Bones. A vibrational method of tuning the bones to optimal health. The use of specific frequencies to awake and move Qi through the bones. The practitioner will use tuning forks along with a mindful focus of Qi to tonify the kidneys, balance the integrity of the structural alignment, assist the bones to cleanse and detox as the bones shift into higher levels of vibration. The integration of the Qi energy field takes place with the expression of sound from tuning forks and voice. The transcendence of old obsolete Qi is allowed to occur. This is a hands on development of technique that is easily learned.

BIO: Brian Kunsman, otherwise known as Pai ShenLi: A practitioner of Pai Lum Family Martial Art since 1977. Pai ShenLi is a 3rd generation acknowledged inheritor of his system of Pai Lum Family Martial Arts, earning the rank of 10th higher level by his teacher Pai Li Lung. Pai Shen Li continues his studies in Qigong, Tai Chi, Kung Fu, Slide Dummy, Tenshin Ryn Kenjutsu and Classical Weaponry. His dedication and perseverance is to the next generation of students. Pai Shen Li is the founder and owner of Bethlehem Kung Fu & Tai Chi Center since 1988. He has instructed students of all ages and abilities. Including Tai Chi and Qigong for Seniors, National MS organization, Adult Treatment Trends, CIU challenged youth, and the Pennsylvania Youth Theatre. Pai Shen Li is also a highly accomplished practitioner of holistic healing arts since 1984. He has numerous certifications, some are Polarity Therapy, Esogetic Colorpuncture. Pai Shen Li's life journey has let him to develop a healing highway to spiritual healing called Pure Energy Spirit Shines Bright. And the three treasures of Life Qi, Jing, Shen.

BIANCA MOLLE

WORKSHOP: Parkinson's Disease: Reversing the Irreversible. Learn how I healed from Parkinson's Disease through Wisdom Healing Qigong. I will share my healing story, from the diagnosis of Parkinson's. Parkinson's medications, worsening symptoms, discovering Qigong, reversing symptoms, coming off dopamine drugs, and being released from neurology as Parkinson's -free. I will demonstrate the Wisdom Healing Qigong practices, including inner vibrational sound healing, that are key to wellness. This gentle experiential session can be done by attendees of any ability. There will also be time allotted for a Q &A session.

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 in Qigong wellness worldwide via Skype.

MARK R. REINHART

WORKSHOP: Neurological/Biomechanical/Vibrational Aspects of Qigong

When water is blocked and obstructed it cannot express its true flowing nature. The same holds true when it comes to the Qi that flows through our bodies. Proper alignment combined with neurological awareness as expressed through optimal biomechanical movement will allow the Qi to flow smoothly, which according to Chinese medicine, defines good health. Join Mark R. Reinhart for this in-depth exploration of the Jing (physical) component of Qigong. Learn valuable tools that will enhance any practice by addressing posture, alignment, breath, intention and work with sound and vibration. The majority of this session will be experiential with interwoven lecture, discussion and questions. Ideal for practitioners of all levels, styles and systems.

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), a former NQA Board member and past President of the NQA, and now sits on the NQA Advisory Council.

LADDIE SACHARKO

WORKSHOP: Healing with Human Energy: The Wei Qigong of Professor Duan Zhiliang/ Profound Legacy Teaching of a world famous Qigong Master and TCM healer. Master Duan Zhiliang died in July of 2016, 107 years old. During 2001, Duan traveled the US teaching his family's Wuji Qigong, and Wuji Taiji. After observing a Reiki session, Duan proceeded to teach what he called especially appropriate for a culture that "lives in their head". This external qi healing routine is exquisitely simple to learn, and can be "administered" in as little as 15 minutes. Powerful stand-alone or adjunct energy balancing therapy. Each participant observes a demonstration and explanation of the technique, then as a partner in a pair, each participant is guided through practice: both giving and receiving. Main Audience: All Levels, Basics for Beginners, Some Experience with Qigong or Taiji

BIO: Certified Master Tai Chi Instructor, ATCQA Tai Chi & Qigong practitioner 28 years, full time teaching since 1998. Strong reputation as ethical and inspirational community teacher. Principal organizer for World Tai Chi & Qigong Day event in CT for 12 years, more than 20 participating schools. Certified as Independent Researcher, University of CT physical therapy program: design, execution, contributing author. Developer and presenter, CE programs for rehabilitation professionals, currently: "Evidence Based Mind-Body Practices and the Physical Therapist: Extending the Continuum of Care with Tai Chi & Qigong" 12 hrs course approved by Federation of State Boards of Physical Therapy.

CAMILO SANCHEZ

WORKSHOP: Core Energy Healing Qigong - Correcting Core Energy Imbalances with Taoist Qigong. Core imbalances lie at the root of deep-seated body energy imbalances and inborn constitutional weaknesses. In this workshop we will explore the organization of the body's primary energy fields and the three core energetic axis with a focus on left/right body energetic imbalances. The class will include how left/right energy imbalances manifest in the body, the structural, functional and psychological signs, the connection with the system of the eight prenatal vessels and main acupuncture channels, and a sample of Taoist Qigong exercises to help correct left and right core energy imbalances.

BIO: Camilo Sanchez has twenty eight years of teaching and clinical experience in Acupuncture, Chinese medicine, Taoist Qigong and Tai Chi. He is a licensed Acupuncturist in North Carolina with a Master's degree in Oriental Medicine. Mr. Sanchez is past faculty member of the Acupuncture and Massage College in Miami, Florida and the Atlantic University of Chinese Medicine in Mars Hills, NC. He is a published author of "Daoist Meridian Yoga: Activating the Pathways for Life Energy and Healing", and has also produced four Qigong for Health E-books and the up-coming book "A Comprehensive Guide to Qigong".

CARI SHURMAN

WORKSHOP: Tai Chi / Qigong for Kids. Whatever we learn as a child we have forever. Imagine children and adolescents practicing a simplified form of Qigong with breathing and visualization to relax and focus. Tai Chi/ Qigong can be used in short sessions in the morning, before bedtime, and to calm down and refocus throughout the day. The children love the tingling of chi in their hands, inside their bodies, everywhere. The benefits include self-discovery, better grades, improved cooperation, creativity, ease in falling asleep, better focus and cooperation for all kids, even those with ADD, ADHD and other challenges.

BIO: Cari has been working in NYC with the Public Schools and Dept of Health to incorporate wellness into the school day for over 12 years. Training sessions are offered for teachers, therapists, counselors, social workers and others. Her goal is to give children tools for calmness and focus, so lacking in our world, self-esteem and achievement, necessary for success, and the ability to sleep well and feel good. Cari has also teaches Qigong to adults in Aspen and at Rancho La Puerta, in Mexico. Her CDs and DVDs are used in thousands of schools all over the world. She offers training programs thru Skype to teachers anywhere.

KARIN SORVIK

WORKSHOP: Full Body Breathing, Healing the Immune System Tao Yin's full body breathing moves along the glands energizing and making them stronger to fight back. A strong immune system is the key to live life fully. As we move along the channel and collect water and fire the inner alchemy ignites and the transformation forming raw energy into spirit begins. A never ending process of connection with Spirit. * Understand the sequence of the glands and their relationship * Understand the process of inner alchemy water and fire *Learn to activate/vibrate and raise its frequency will a make a strong sounding immune system so we become in tune.

KARIN SORVIK BIO: Karin Sörvik is a Taoist Minister, Senior Instructor and Senior Teacher with the Healing Tao System. Her first career was in dance, theatre and music, earning her degree in acting from the Escuela Nacional de Arte Dramatico. Most of all she loved the magic/spiritual space that's created during a performance. To further her search she began to look into Eastern methods. She studied Tai chi and I Chuan with Master Tung Kuo Tzao in Argentina and became a Taoist Minister with D.A.R.I. She moved to the US in 2001 to serve the Taoist community and to further her practice. She has studied with several Taoist Masters. Karin is currently the Director of the Healing Tao Center and Tao Healing_Arts.com, President of the HTIA and a member of the Council of 9 of the UHT Foundation, and Founder of the non-profit Healing Tao Society. She is a practitioner and counselor in Taoist Healing Practices including: Tao Yin (Taoist Yoga), Nutrition, Herbology, Meditation, Tai Chi, I Chuan, Chi Nei Tsang and Chi Kung Therapy. She has been teaching for the last 15 years in Europe, Latin America and the US.

JAMPA MACKENZIE STEWART

WORKSHOP: Tibetan 5 Element Qigong. The 5 Elements – fire, earth, air, water, and space – are the sacred underlying energies and appearances of our existence on all levels: physical, energetic and consciousness. They relate to the five wisdom lights from which all phenomena – physical and mental – arise, and reflect our basic wisdom awareness or true nature, our ordinary virtues, our negative emotions, and the outer phenomenal universe. In this short course you'll learn several easy Tibetan Qigong (also called tsa-lung) exercises for cultivating the five elements and their qualities and energies in your energy body. These exercises clear and energize the five elements and their associated channels and chakras. With only a few minutes of daily practice, you will feel a big increase in your vitality and mental clarity.

BIO: Jampa Mackenzie Stewart is the director of Healing Tao Institute in Austin, TX and Crestone, CO. He began practicing Zen Buddhism in 1968 under Philip Kapleau Roshi in Rochester, NY. Later he studied Zen under Shunryu Suzuki Roshi, Toni Packer, and Thich Nhat Hanh. In 1982 Jampa began Tibetan Buddhist study and received many teachings and empowerments in Karma Kagyu tradition. He also received teachings and empowerments in the Drikung Kaghu tradition. Later he began studies and practice in the Nyingma tradition, studying briefly with many other important Nyingma teachers. He has also received teachings in the Bon school from Tenzin Wangyal Rimpoche.

Jampa is the author of *The Life of Gampopa: The Incomparable Karma Lord of Tibet* (Snow Lion Publications, 1995) and *The Life of Longchenpa: The Omniscient Dharma King of the Vast Expanse* (Snow Lion Publications, 2013).

LISA VAN OSTRAND

WORKSHOP: Experience the Levels of Qi through Meditation, Qigong and Touch According to Daoist Tradition. Everything in the world is made of qi. This workshop will explore the various levels of qi within the body: the wei qi, the ying qi and the yuan qi. Each of these levels have different vibratory qualities that can be accessed through our conscious intent. These levels have meaning from a physical, emotional and spiritual perspective. First we learn to access them within ourselves through meditation and qigong. Then we learn to access these levels for others through the use of touch.

LISA VAN OSTRAND BIO: Lisa has been involved in the healing arts for over 30 years. She has studied various energy healing modalities including yoga, meditation, qigong and Chinese bodywork. Lisa has taught at the Barbara Brennan School of Healing for 17 years. She has studied Medical Qigong with Jerry Alan Johnson and has apprenticed with him at the School of 5 Elements. She also has a Master's in Oriental Medicine. She has been teaching Medical Qigong since 2000; and has taught in various cities and at several massage conferences.

JOYCE VIRANI

WORKSHOP: Female Essence Qigong. - This sensual qigong practice will rejuvenate you, connect you with your feminine essence, cleanse your emotional and spiritual self, and spark your inner healing power. We will shake, bounce, dance, breathe, meditate, massage and use sound to unleash stagnant energy layers in the body where stress, tension, disease and emotions are stored. Soft, flowing and sensual movements will allow you to get out of our head and into your body connecting you with your feminine energy and the sensations of your body wakening your deeper wisdom, your intuition and desired feelings. There is a powerhouse of energy stored inside of you waiting to flow and be released. It will be a true honor to guide you into your body and fully surrender to your deep sense of inner knowing and experience the transformational power of self care through Sensual Qigong.

BIO: Joyce is an IIN certified Female Energy and Wellness Coach and Qigong practitioner in Middletown, NJ. After being diagnosed with Graves', an autoimmune disease affecting her thyroid in 2010, she fell head over heels in love with the soft and graceful yet powerful ancient practice of Qigong. Through her practice she was able to tap into and spark her body's own healing power and cure herself from Graves'. She learned how to get out of her head and into her body, how to embrace and cultivate her feminine energy and feel empowered from her core. She had had the honor to practice with Maxine Forster Guenther, Roger Jahnke, Solala Towler and Vicki Dello Joio.

ZHONGXIAN WU

WORKSHOP: Opening the ShenGuan 神關 (Spiritual Fortress) Qigong - 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 healings and inner transformation to occur: 1) Zhen (Thunder) Qigong; 2) Heart-Mind Dragon Body Qigong; 3) Heart-Mind Qian (Heaven) Opening Fortress Qigong; 4) Heart-Mind Prenatal Meditation. In both esoteric Emei Shamanic School and Daoist Hidden Immortal Lineage, transforming areas of Qi stagnation is the key to healing illness and imbalance. This session will be of interest to practitioners looking for a simple, yet powerful tool for helping themselves and their patients overcome sickness and developing their healing skills.

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 (five in Chinese) on Chinese wisdom traditions. Along with his wife, Dr. Karin Taylor Wu, he founded Blue Willow World Healing Center (USA) and Qinjian Akademin (Sweden) to preserve and promote the classical Chinese arts throughout Europe, North America and China. For further details please visit www.masterwu.net.