

**2019 PRESENTER BIOS & WORKSHOPS**  
(Listed alphabetically by last name)

**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: Qi Alchemy & Heavenly Orbit - Change & Circulate Your Qi with Taoist Shengong Practices.** Practicing simple and advanced Taoist Shengong and Chinese Qigong practices to masterfully change the quality of the Qi as it flows through the 12 meridians with emphasis on the Small Microcosmic Orbit or Heavenly Orbit of the Governing Channel and Conception Channels Qi circulation flow. Learning the "Triple Burner Qigong" practice will celebrate this Small Microcosmic Orbit with power and grace to give the attendee a full experience of the amazing dynamics of high quality Qi fully flowing through their Heavenly Orbit.

**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.

### **COWAN, DAVID**

**Bio:** David Cowan (“Pahka Dave”) is a skilled Medical Qigong Practitioner with over 30,000 hours of clinical experience in Alternative Pain Management. A former hospice nurse, David established The Center For Neuromuscular Therapy in 1997, a hospital-based alternative healing clinic specializing in treating fibromyalgia. By employing self-care techniques, David was able to perform 40-50 client sessions per week. He retired from corporate nursing in 2007 to continue in private practice. In 2012, David experienced a heart attack & near death experience while visiting Hawaii. His home-study DVD *Lift Qi Up & Pour Qi Down in Paradise: Vol. 2* was filmed on Big Island just six days after his silent heart attack. Pahka Dave’s Energy Medicine knowledge is very practical and was gained, literally, through years and years of hands-on experience. He shares his knowledge with other healthcare professionals, therapists, and caregivers of all kinds.

**Workshop Title & Description: Caring For The Caregivers: Learn How To Heal Others Without Depleting Your Qi.** Increase and preserve your own Qi with simple meditation methods and personal empowerment “mini-exercises” to be used as “stress-busters” throughout the day. Includes: 1-minute Wudang Tai Chi strategy for centering and grounding. 8-second White Crane exercise for personal energy hygiene. Clear stagnant Qi! Recharge! And care for the caregiver!

### **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).

**Workshop Title & Description: Qigong Healing Essentials (Professional Track).** This two-day clinical track class is on the Qigong concepts and forms, underneath all of Oriental Medicine, have been developed at The Center Place to clear out all of the intrusive energies and resulting patterns and re-establish basic balance. The forms are simple, the concepts are not, but one needs both to be successful. This is a compressed course of assessment and treatment 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 is for people in Clinical work of Qigong or related energetic practices.

## **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.

## **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 and practitioner of Medical Qigong under the direct supervision of Taoist Master Mantak Chia.

**Workshop Title & Description: Transmutation of Jing Qi for Health, Longevity, and 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 Atteshlis. 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 Board of Directors, and is currently serving 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.

### **ROSSELLI, JAMES**

**Bio:** James Rosselli is a 73-year-old Russian Orthodox priest, serving the Western Rite of the Russian Church Abroad (ROCORA). As part of his ministry, he teaches Qigong. He is certified in Qigong and is studying for certification in Tai Chi. His preferred style is Yang Cheng Fu, as taught by the late Grandmaster Erle Montague. He has been a cancer patient (Chronic Lymphocytic Leukemia) since 2009, and has recently been diagnosed with Wet Macular Degeneration in the right eye. Father Rosselli has been using Qigong as a complementary cancer therapy for eight years in conjunction with conventional therapy. The condition is under control, and he is healthy, with no diminution of energy. Since beginning the Guo Lin form, his numbers are all in the normal range. He began Qigong eye exercises immediately upon being diagnosed two months ago, and his vision has actually improved. He has not had many students, but only three out of over a dozen failed to improve.

**Workshop Title & Description: Basics of Qigong Breath Work.** The four components of Qigong are Breath Control, Energy Management, the Psychosomatic Function, and Kinetics. Dealing with the major organs by means of the forms begins with a removal of blockages, and this begins with the breath. 1) Opening: Breathing to eliminate stress and remove blockages. 2) Engagement: Breath as a component of energy management; 3) Psychosomatic exercise: Breath control while engaging the meridians with the mind. 3) Kinetic Exercise: Proper breathing in approaching and departing from the Dantien and in drawing and releasing energy.

### **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 and 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.

**Workshop Title & Description: Medical Qigong: A Clinical Approach to Migraines and Other Headaches (Professional Track).** 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.

## **TOWLER, SOLALA**

**Bio:** Solala has been studying the Daoist arts for over 28 years. He was a founding board member and past president of the NQA (the Dolphin Dynasty). He has had 14 books on the Daoist arts published and leads regular trips to China to study qigong and taiji in the sacred Wudang Mountains.

**Workshop Title & Description: Great Spiraling Dragon Qigong.** Great Spiraling Dragon Qigong is a short yet powerful qigong form from the Daoist sacred mountain of Wudang. In this practice we will be drawing yang qi from the sun and yin qi from the moon and earth and spiraling that energy throughout our whole body. This is a wonderful practice for inviting great energy into our being throughout the year!