



HARMONY IN MOTION

The 2025 NQA Annual Conference

SEPT. 24-26 | RICHMOND, VA

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EVENTS CHAIR WELCOME

How wonderful it is to gather again as a community here in Richmond. After our 2024 conference in Savannah, the Events Committee began shaping the theme for this year, carrying forward the energy of that week. We left Savannah inspired by the presentations, the community spirit, and the good Qi that carried us through the week.

One moment that stood out was when Francesco Garripoli said, “everything with yin and yang is a dance. There are no extremes. It’s not a balance of things, it’s a harmony.” That idea planted the seed for this year’s theme, and it was our own Paras Kaul who beautifully gave it a name: Harmony in Motion.

As part of my role on the committee, I design the conference logos. When I asked myself what image best shows the dance of yin and yang, the Dragon and Phoenix came to mind. In Chinese culture, they are paired as symbols of harmony, prosperity, and the joyful union of yin and yang. They are often seen in weddings, which feels especially fitting since our venue is one that regularly hosts such celebrations.

So in that spirit, I invite you to think of this gathering as a celebration of the joyful union of yin and yang. May this week bring knowledge that enriches your life, connections that lift your spirit, and moments that remind you why this community is so special. On behalf of the Events Committee, welcome to the 2025 Annual Conference! We hope you enjoy every moment.



Lauren Thomas
NQA Events Chair
NQA Executive Administrator

PRESIDENT WELCOME

Welcome to the National Qigong Association’s 2025 Annual Conference, “Harmony in Motion.” I am deeply grateful for your presence and support of this gathering. As a membership-based organization, the NQA thrives because of your commitment and generosity, which make opportunities like this conference possible.

I would like to extend heartfelt thanks to all of our presenters who have traveled from near and far to share their knowledge. Their dedication brings you an array of impactful sessions designed to enrich your practice and deepen your understanding of Qigong. The diversity and caliber of teachers present here reflect the NQA’s commitment to offering the highest level of continuing education to our community.

This conference is more than a series of workshops and lectures. It is a celebration of connection. Qigong not only expands our awareness of energy practices but also strengthens our bonds with one another. It is this sense of shared growth and community that truly sets the NQA apart. I hope you enjoy every aspect of the conference and carry forward the inspiration, learning, and connections that emerge from our time together.



Clayton Crosley
US Army Veteran
NQA President

The Robins Nature Center at Maymont
2201 Shields Lake Dr, Richmond, VA 23220

ARRIVAL & MINGLING

6:00pm–6:30pm

Guests arrive and enjoy light hors d'oeuvres with tea and water. This is a relaxed time for conversation and connection before the program begins.

FEATURED PERFORMANCE

6:30pm–7:00pm

Calligraphy Dance by Lorelei Chang, accompanied by Mark Reinhart on guitar.

Lorelei brings together modern dance, the art of Chinese calligraphy, and Qigong in a rare cross-cultural performance.

Afterward, she will host a table where attendees may view and purchase her calligraphy.



CLOSING QIGONG PRACTICE

7:00pm–7:30pm

Members of the NQA Board of Directors will guide participants through a simple Qigong practice, bringing everyone together in the spirit of "Harmony in Motion."

SOCIAL

7:30pm–8:00pm

Guests are invited to continue mingling and enjoying the evening together.

We're excited to have you with us for two days of enriching sessions and connections. With multiple sessions happening simultaneously, you'll need to choose which ones to attend in person. Don't worry if you miss something, every session will be recorded, so you can watch them later at your convenience.

CONFERENCE DAY 1

Thursday, September 25

John Marshall Ballrooms
101 N 5th St, Richmond, VA 23219

The Pivot parking deck (paid parking) is located just across Franklin Street, attached to The Moxy Hotel at 13 N. 5th Street, Richmond, VA 23219.

WELCOME ADDRESS

8:00am–8:30am



LORELEI CHANG

Virginia Ballroom– 8:30am–10:00am

White Crane Soft Form emphasizes graceful and gentle movement combined with powerful internal work that generates heart and lung Qi while enhancing kidney vitality. This Qigong helps develop strength in the legs for improved balance, opens the heart space, and increases flexibility in the ligaments, muscles, and spine. With its dance-like quality, White Crane Soft Qigong is a beautiful form to practice, supporting both fluid movement and internal harmony.



MARY PINKARD

John Marshall Ballroom– 8:30am–10:00am

Mary Pinkard, an experienced NQA Level II instructor, will guide attendees through an immersive hour of Qigong practice with active participation in this ancient art of mindful movement. The session will be enriched by the restorative use of music, carefully integrated into the experience. Mary will demonstrate foundational principles of Qigong while showing how music amplifies its meditative and healing qualities. Attendees will leave with a deeper understanding of how music and Qigong together create harmony, balance, and well-being.

BREAK

10:00am–10:15am



DANIEL JONES III

Virginia Ballroom 10:15am–11:45am

Silk Reeling is spiral movement with the goal of developing Spiral Energy within the body. These therapeutic exercises emphasize ground–waist connection, knee alignment, kua sinking, joint opening and closing, and dantian rotation. Continuous spirals cultivate, move, and store Qi, strengthening the immune system and increasing disease resistance. Silk Reeling benefits joints, sinews, muscles, and circulation, while circular movements strengthen connective tissue and increase synovial fluid to keep joints supple. This practice combines whole–body movement, breathing, and mindfulness, promoting relaxation, fluidity, and peace.



DR. TED CIBIK | PART I

John Marshall Ballroom 10:15am–11:45am

Heart disease is the leading cause of death globally, accounting for 32% of all global deaths, or over 20 million individuals each year. In the United States, cardiovascular disease claims one life every 33 seconds, with 702,880 deaths in 2022 alone. Despite medical advancements, these statistics highlight the urgent need for preventative and holistic approaches. This session will focus on prevention by integrating Naturopathic Medicine with Medical Qigong to support circulation, reduce stress, strengthen emotional well-being, and maintain heart health.

LUNCH

11:45am–1:15pm



CORINNE CHAVES

Virginia Ballroom 1:15pm–2:45pm

In the practice of Taiji and Qigong we seek the elusive "zone": that mystical place where the body flows, completely soft, in perfect harmony and balance. There is no time or space, no thought, only flow, relaxation, and presence. The mystical zone is a place of doing without effort; stillness in motion; harmonious balance; perhaps, even meditation in motion. Learning and practicing Taiji and Qigong and attaining the zone unfolds in stages. It is a journey of body, mind, and spirit that improves quality of life all along the way.



DR. TED CIBIK | PART II

John Marshall Ballroom 1:15pm–2:45pm

This session builds on Part I by focusing on clinical treatment protocols. Participants will explore how Medical Qigong and Naturopathic Medicine support recovery, improve circulation, and restore function after cardiovascular challenges such as stroke or heart attack. Attendees will learn practical techniques to address root causes, enhance resilience, and foster long-term healing. The workshop highlights integrating these strategies into a comprehensive wellness plan for cardiovascular vitality.

BREAK

2:45pm–3:00pm



GAYL HUBATCH

Virginia Ballroom 3:00pm–4:30pm

This workshop will focus on the Three Treasures, an essential foundation for harmonizing the meridians, extraordinary vessels, and chakras. We will explore jing, the lower treasure that relates to the earth and greater yin in the body, building strength in the tissues and supporting the lower belly, pelvis, and legs. From this grounding, we will cultivate awareness and balance in the heart mind, the vital connection between feelings, thoughts, and speech. Finally, we will move to the spirit mind, which relates to cosmic connection and the expansive nature of life. Integrating the Three Treasures supports self-regulation and brings harmony to body, mind, and spirit.



PROF. SPENCER GEE

John Marshall Ballroom 3:00pm–4:30pm

This presentation will explain what Parkinson's Disease (PD) is and provide insight into how widespread it has become. Attendees will gain a clearer understanding of the people PD affects, along with possible causes of the disease. The session will also explore treatment options, comparing medication with exercise-based approaches. Special attention will be given to the benefits of Tai Chi, Ballroom Dancing, and Boxing, showing how these practices can support mobility, balance, and overall well-being.

BREAK

4:30pm–4:45pm



MATTHEW KOMELSKI

Virginia Ballroom 4:45pm–6:15pm

This workshop will introduce participants to five fundamental flows of kinetic energy (rising, sinking, expanding, contracting, and spiraling) through simple arm movements with weight shifting and walking patterns. These flows are the basic building blocks of more complex choreography in Taiji and related arts, making them useful to both beginners and those who teach beginners. Awareness and harmonization of these flows in the body can facilitate quicker, more intuitive learning of complex movements and help us move toward the emergent qualities seen in advanced practitioners. The workshop concludes with a brief creative exercise exploring the harmonization of wuxing from an empty (wuji) state.



SHANNON GOWLAND

John Marshall Ballroom 4:45pm–6:15pm

We embrace the flow of energy that connects us to the universe. Each movement becomes a delicate choreography, harmonizing our inner rhythms with the natural world. Grounded by the earth beneath our feet and uplifted as we reach toward the sky, we draw strength from both earth and heaven. Breath becomes a melody, guiding us into tranquility and awareness. By integrating herbal remedies into practice, we strengthen harmony of Body, Mind, and Spirit, fostering peace, healing, and balance.

CONFERENCE DAY 2

Friday, September 26

AWARD PRESENTATION

8:00am–8:30am



MARK R REINHART

Virginia Ballroom 8:30am–10:00am

As children, we spent our days playing, running, and engaging in activities and adventures that used every aspect of our bodies. As we age, we tend to engage in far fewer activities, and many of our abilities begin to diminish. This can cause neurological connections to become stale. It is not that we cannot perform these activities, but that our bodies have forgotten how. Join Mark R. Reinhart as he presents his unique approach to restoring optimal neurological function through lecture, discussion, exercises, and Qigong sets designed to reconnect and enhance neurological health.



FAYNE BOUGUYON

John Marshall Ballroom 8:30am–10:00am

In Tai Chi and Qigong, true harmony is not just about external movement but about grounding, listening, and tuning into the subtle internal mechanics that create fluidity, balance, and effortless power. In this workshop, you will explore core principles of internal alignment, energetic flow, and structural integrity through simple exercises and demonstrations. By cultivating awareness of breath, intention, and biomechanics, you will refine movement, deepen mind-body connection, and discover how Tai Chi and Qigong bring “Harmony in Motion” to life.

BREAK

10:00am–10:15am



CAMILO SANCHEZ

Virginia Ballroom 10:15am–11:45am

The acupuncture meridians are fundamental energy fields that control the flow of charged signals throughout the body. They behave like fiber optic fibers, transmitting light photons, sound waves, and electromagnetic information. As the primary regulating system of human physiology, the meridians link the internal organs with the external tissues and sense organs, making the body a unified whole. In this innovative class, Camilo will outline the pathways of the energy meridians, explore their areas of influence, identify imbalances, and teach eight Taoist Qigong exercises to clear and harmonize them.



CHRIS BOUGUYON | PART I

John Marshall Ballroom 10:15am–11:45am

We are each on a unique path of self-discovery and personal cultivation. Many paths lead up the same mountain. This is why so many traditions of Tai Chi and Qigong exist across the world. In this session, you'll be introduced to eight foundational Qigong Principles that can deepen and enhance your training. Together, we'll explore practical perspectives and techniques to improve grounding, strengthen the spine, optimize breath practice, and more. The presentation is designed to be interactive, engaging, and adaptable to your personal journey.

LUNCH

11:45pm–1:15pm



GEORGE MASON HEALING ARTS ENSEMBLE

Virginia Ballroom 1:15pm–2:45pm

The GM Healing Arts Ensemble, directed by Rita Gigliotti, explores the power of sound as a tool for healing and transformation. Using improvisation, voice, percussion, crystal bowls, and other instruments, the group focuses on creating a "collective vibration" through intention and presence rather than performance goals. Rita will share insights into the ensemble's process and invite participants to experience how music, meditation, and consciousness work together to open space for healing and harmony.



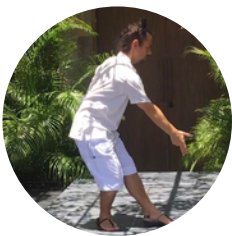
CHRIS BOUGUYON | PART II

John Marshall Ballroom 1:15pm–2:45pm

True harmony in motion arises from embodying the eight Qigong Principles. Integrating them into your personal practice builds structure, focus, and integrity, while also opening the door to freedom and flow. In this session, we continue the exploration of how these principles support and empower training. Through guided practice and direct application, participants refine their understanding and experience firsthand how these principles transform both Qigong and Tai Chi.

BREAK

3:45pm–3:00pm



FABRICE PICHÉ

Virginia Ballroom 3:00pm–4:30pm

Discover what distinguishes Medical Qigong from general practice and how breath and subtle movement variations transform the flow of Qi. Explore the contrast between a focused mind and the tranquil observer state, each shaping Qi in different ways. Experience how even the smallest change in a movement, such as the direction of the palms, can redirect energy and completely transform its effect. Medical Qigong turns practice into a therapeutic tool, traditionally guided by trained practitioners for healing application.



JINGSHAN TANG

John Marshall Ballroom 3:00pm–4:30pm

This study explores the theory and application of Tai Chi and Qigong in promoting Whole Person Health, aiming to establish a comprehensive framework for these ancient practices. Based on 30 years and 25,000 hours of teaching with 9,000 students aged 9 to 90, the research analyzed Qi and blood circulation cycles in Traditional Chinese Medicine. Findings reveal a 28.8-minute cycle where specific meridians and organs activate sequentially, enhancing physical, mental, emotional, and spiritual well-being. The study concludes that practicing Tai Chi and Qigong for at least 28.8 minutes is essential for holistic health benefits.

BREAK

4:30pm–4:45pm



ROD FERGUSON

Virginia Ballroom 4:45pm-6:15pm

This program provides advantages related to energy balance and the harmony of body, mind, and breath. It emphasizes key concepts such as Qi (Chi), Yin and Yang, Tao, Zen, and Yang Sheng, the practice of nurturing life in Traditional Chinese Medicine. Practices include Neidan, Qigong, Taoyin, and Tai Chi, reflecting the five elements linked to internal organs. The session features Opening the Golden Lotus, Tai Chi, and Five Animals Qigong, along with warm-ups, principles, and a qi massage.

CLOSING CEREMONY

6:15pm-6:30pm

CONFERENCE SPONSORS



CONFERENCE MERCHANDISE

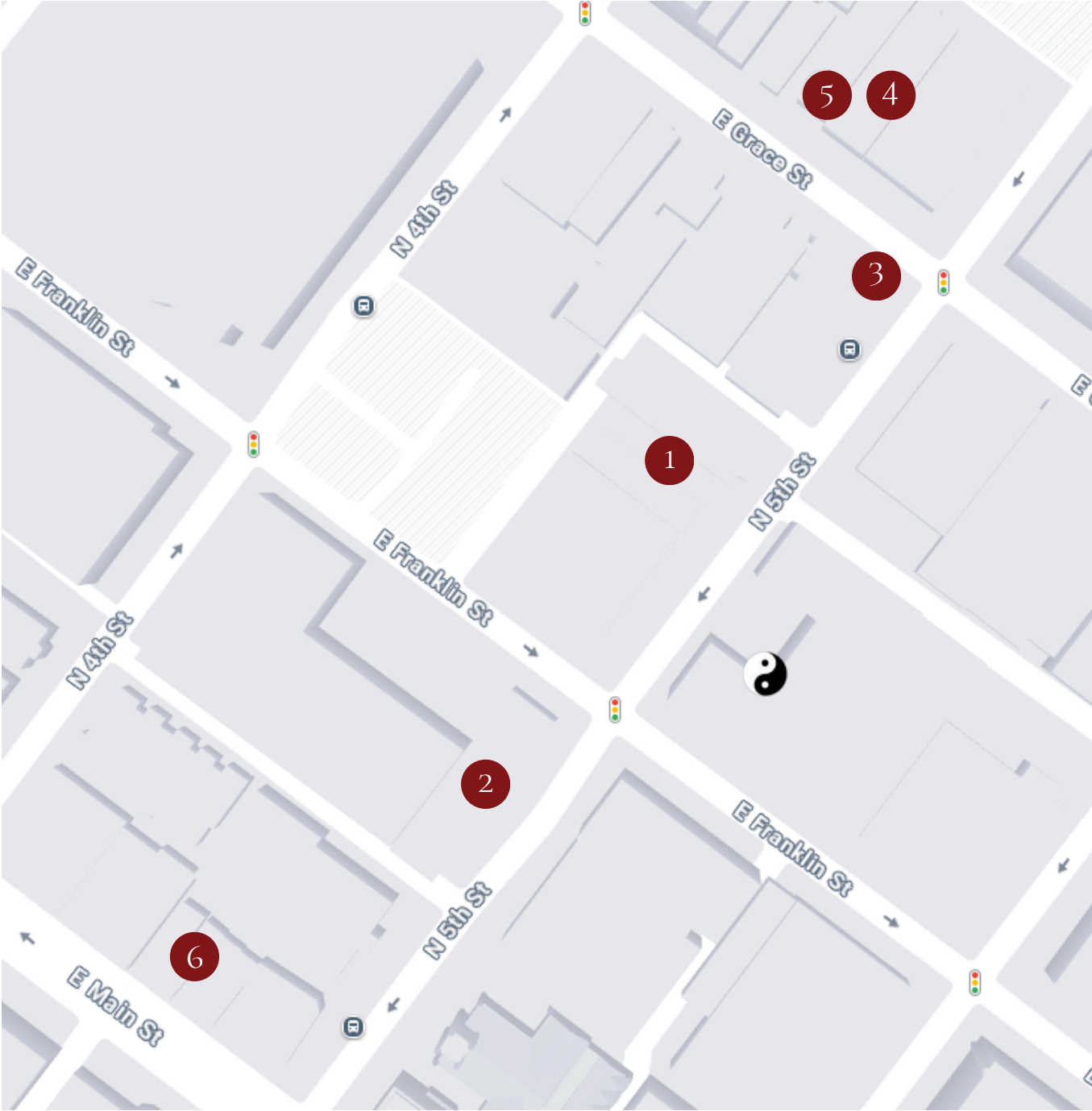
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NEARBY RESTAURANTS



IN ORDER OF PROXIMITY

- | | |
|---------------------------------------------------|----------------------------------|
| 1. Kabuto Jr Hibachi House (4.5 stars) \$ | 4. Lillie Pearl (4.6 stars) \$\$ |
| 2. Penny Lane Pub (4.5 stars) \$ - Dinner Only | 5. Wong Gonzalez (4.5 stars) \$ |
| 3. Buttermilk and Honey on Grace (4.4 stars) \$\$ | 6. Cafe Rustika (4.7 stars) \$\$ |