



Official Newsletter of the National Qigong Association

My dear NQA family,

My heart is full, hearing about all the wonderful learning and connection that happened at our annual conference. With the lunar Year of the Snake moving towards a close, it can be a time of deep reflection, change, and realization. What better time to be inspired by and connect with our community? In one article in this edition from our Chair, we have a powerful call to look ahead, and envision the world we might create together.

Something I love about the NQA is our shared vision, to bring this life-changing practice to the world. Often, I come away from interactions feeling such gratitude for the sincere, loving, deep work of each member, as well as a sense of wonder at how vast and unique this path can be for each of us and those we support.

This system lives because of the heart that each of us brings to it, and we are stronger together.

On that note, we have some wonderful news on how our community came together to prevent legislation that could have had serious implications for Qigong; you'll find an article from our NQA President sharing the details. To everyone that participated, thank you, and well done!

Often, on a path of healing and service, it's easy to feel overwhelmed. You're just one person, and the world can be so full of imbalance and need. That's part of why I treasure these newsletters, gatherings, and coming together for causes we value as a community. We are so much more together, sharing wisdom, support, and encouragement. Your voice matters, and your actions make a real difference...and you're not doing it alone. In my own journey, the wisdom, encouragement, and life experience that my teachers poured into me transformed my practice and my understanding, and continues to unfold as I grow. I'd love to see more of that, together. We have the opportunity to bring great transformation and hope in a time where people are so hungry for peace and empathy.

As we continue to evolve and explore how to support each other, I'd love to involve you in a more personal way. What kinds of articles would support your practice? What challenges are you facing as a practitioner? What brings you strength and joy that you'd like to share?

To support this, we will be launching a **Community Voices** section in

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our newsletter, featuring short messages from all of you. Share your wins, your questions, quotes that inspire you, meaningful experiences, what you're grateful for, your challenges, innovations, and times where you'd just love to share something you care about so that we can all hold it in our thoughts and energy for an extra boost. **Email me at publications.chair@nqa.org and share!**

Keep shining your light, my friends.



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UPCOMING EVENTS

DATE	MEMBER	EVENT
11/21/25	Richard Clear	Qigong Healing Workshop
12/3/25	Dan Jones	Online Webinar Silk Reeling Qigong with Sifu Dan Jones
12/5/25	Rachel Lee and Damaris Jarboux	Qigong Healing Program at The Center Place
12/6/25	Rachel Lee	Qigong Immersion A Day of Personal Practice & Healing
1/10/26	Sheri Nicholson	Seasonal Qi Zoom - Free
1/24/26	NQA	Qi Training with Francesco Garripoli- Info coming soon
1/31/26	Rachel Lee	Clearing Negative Energy
9/8/26	NQA	2026 Annual Conference

Must be a professional member of the NQA to submit an event

Visualize the Future

BY PARAS KAUL

You might have heard that recently I was elected Chair for the esteemed National Qigong Association's Board of Directors. I am deeply honored to take on this responsibility and would like to explain what led me to Qigong and to what I see as the future of Qigong and the NQA.

I grew up with a father who was a hypnotist and a multimedia specialist for local radio and television stations. From the ages of 5-14, he used hypnosis to introduce me to a heightened state of awareness. He trained me to understand that as humans we have the ability for interoceptive awareness, seeing what's happening inside our bodies, and proprioceptive awareness, recognizing ourselves as inter-dimensional beings existing between the earth and the rest of the universe. He taught me to be aware of the space around us, including the energy field that surrounds our bodies and interconnects with the energy field surrounding the earth. The energy's interactivity doesn't stop there!

Dad died suddenly overnight when I was 14. I began researching to better understand lessons he was teaching me. This research included learning to meditate, to do yoga, to swim with dolphins, to float in sensory deprivation tanks, and finally to Tai Chi and Qigong, which provided a direction—a path I've followed since that time.

A mentor in graduate school once told me that "If you don't see a future, you won't have one." Since that time, I have had a careful eye on the future. Although the life supporting benefits of Qigong practices are evident to all of us as NQA members, we need to continue our efforts to establish the efficacy of Qigong as a life supporting practice.

Through our NQA President Clayton Crosley's hard work, a number of our NQA members are teaching Qigong to veterans, to help them with PTSD. Other members are working with children introducing them to Qigong practices at early ages. I work with high school and university students and with my young granddaughters, who like some of the University students, are performing artists. They are able to utilize Qigong as a tool to alleviate performance anxiety and audition stress.

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I visualize a future where people will be able to actually pronounce the word “Qigong”, where they will know what Qigong is; where elementary, middle, high school and university schools will offer Qigong classes.



Other members share Qigong practices by teaching adult classes throughout the nation. Additionally, members like NQA conference presenters give talks and demonstrations, and many members participate in World Tai Chi and Qigong Day, annually scheduled for the last Saturday in April.

With this much Qi activation around the country, I visualize a future where people will be able to actually pronounce the word “Qigong”, where they will know what Qigong is; where elementary, middle, high school and university schools will offer Qigong classes. I also see a future where states will not require state licenses to teach Qigong. Instead, instructors referenced by NQA will be welcomed to teach anywhere in the country.

I see a culture enlivened with Qi, where freedom of speech and Qigong practices are supported by the public and practiced in parks and other open areas throughout the country. I visualize a future where energy medicine becomes the preferred treatment, replacing corporate control and distribution of pharmaceutical drugs. I see the NQA continuing as a thriving community collaborating with wellness organizations and universities that extend as a network across the country.

Currently, the NQA is cultivating a working relationship with the Osher Center for Integrative Health, a collaboration between Harvard Medical School and Brigham and Women’s Hospital. The center proactively seeks to pursue scientific research and education to enhance overall well-being through integrative health practices. I see collaborative opportunities for NQA members to participate in and encourage our members to consider attending their conference on Tai Chi and Qigong as Whole Person Health in Boston next April 30-May 1, 2026.

The collective energy field we are creating through Qigong practices will protect our environment and bring peace and healing throughout the land. Having shared my future vision with you, I invite you to visualize the future you would like to live in. Focus on that vision and breathe Qi into your heart. Relax and visualize your future until it becomes the reality.



Paras Kaul
NQA Chair
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Inspiring Highlights from the NQA Conference

BY KAREN SUMARYONO

Over a hundred qigong masters and enthusiasts gathered for the 29th Annual NQA Conference in historic Richmond, VA, September 24-26. The event certainly lived up to its name, Harmony in Motion, as a wealth of informative sessions were offered including qigong and tai chi principles, practice, theory, research, music, and the warm embrace of like-minded, heart-centered practitioners.

There were many conference first-timers alongside NQA veterans mingling together, which created a great energy. There was a choice of two 90-minute sessions for each block, and the workshops were videotaped and will be sent to participants, so they can immerse themselves in the energy of the experience once again back at home.

Some participants remarked on the wide range of perspectives represented and others realized how much more there is to learn. "I'm so happy to have found this organization!" one first-time attendee from Arlington, VA, exclaimed. Yet another was made aware of the many medical qigong applications in sessions by Prof. Spencer Gee, who spoke on Parkinson's Disease and the application of tai chi in treatment plans, and a two-part workshop on integrating medical qigong to maintain heart health by Dr. Ted Cibik.

Lorelei Chang not only guided participants through the graceful and gentle movements of White Crane Soft Form but also performed a unique and mesmerizing Calligraphy Dance, accompanied by Mark Reinhart on guitar at the pre-conference social event. Lorelei demonstrated reverse breathing, spine spiral, and connection of the hands with the mingmen point on the lower back within the powerful White Crane form.

Presenter Daniel Jones III masterfully broke down a complex spiraling Silk Reeling form demonstrating how the body moves as one unit, "a long, smooth, continuous, mindful motion," leading from the lower dantian.

Dr. Gayl Hubatch guided participants through eight highly functional acupuncture points of the three dantians, within the three treasures of Chinese medicine, the jing, qi, and shen, and the connecting channels that carry energy through the body. An energizing spontaneous and guided practice followed.

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KAREN
SUMARYONO



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Fabrice Piche guided participants in perceiving qi circulation following massaging specific points on the foot and hand. Participants were able to recognize the difference between stuck and moving qi in the body, and how qi can be perceived by a change in hand position. He demonstrated how we must quiet the mind to feel the differences. “One must remain in an alpha state to perceive, and once we try to name it, the mind reverts to the beta state and that feeling is no longer accessible.”

Corinne Chaves presented a deep dive into the elusive “zone,” that mystical place where “the body flows in soft harmony, there is no time and no space, there is no thought, there is only flow, relaxation and presence.”

A transcendent experience occurred on the afternoon of the second day, when the George Mason Healing Arts Ensemble (university students directed by Rita Gigliotte) explored the power of sound as a tool for healing and vibration. After the ensemble performed improvisational numbers, in a culminating expression of “collective vibration” through intention and presence, participants joined in using their voices, crystal bowls, drums, and other percussion instruments to compose a truly sublime musical experience.

Awards were presented to presenters Ted Cibik and Mark Reinhart for their lifetime expertise and service to the NQA. In accepting his award, Cibik said that over a lifetime of serving on various boards and organizations, that the NQA is singular in its great diversity, unity, the love members have for each other, the various styles represented, and “the compassionate resonance we have for each other.”

In another award presentation Clayton Crosley, NQA President, expressed heartfelt appreciation for Lauren Thomas, NQA Events Chair and Executive Administrator, who designed the majestic red and gold dragon and phoenix conference logo, and holds the organization together in countless ways.

The event’s master of ceremonies and NQA Board Member, Rose Wippich, exuded positive energy at the closing, urging participants to “take something that resonated with you and take it out into the world,” and “be a part of our NQA community and spread this incredible energy.” And then she unveiled the location and dates of next year’s NQA Annual Conference: Denver, CO, September 8-10, 2026.



Karen Sumaryono
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Make the Most of Your NQA Organization Membership

BY JOE CONTRINO

In our Spring issue, we introduced the new Organization Member Tier—a game-changing opportunity for members to deepen their presence in the Qigong community.

Now, let's take the next step: here's how to maximize your membership and fully activate your benefits.

Get Listed on the NQA Website

Make sure your organization's profile is complete—with logo, description, and links to your website and social channels. This boosts your visibility to potential students and partners.

Take Advantage of Discounts

As an Organization Member, you receive:

- 10% off individual memberships for your employees
- Group discounts on conference registrations
- Free vendor table at the Annual Conference
- Logo on conference marketing materials

Sponsor & Shine

Looking to grow your reach? Sponsor a Qi Talk, Syner-Qi, or Qi Pros event for just \$100–\$150. You'll get recognition:

- On the first slide of the session
- On the NQA website and events calendar
- In email blasts promoting the event

Note: Sponsorships are limited—first come, first served!

Share Your Work

Organization Members receive a complimentary business card-sized ad in the NQA newsletter. Additional ad space may be available, subject to approval and space from our Publications Committee.

Explore Member-Only Resources

Support your team with access to:

- Monthly live Qigong practices
- The NQA Learning Library
- Expert-led webinars and educational tools

Use the NQA Logo

Display the NQA Organization Member badge on your website and marketing materials to show your commitment to high standards in Qigong practice and education.

Not a Member Yet?

There's still time to join this dynamic community of organizations committed to the art and practice of Qigong.

Visit <https://www.nqa.org/organization-membership> to learn more and apply today.

Questions?

We're here to help. Contact us at membership.chair@nqa.org with any questions or support needs.

Legislative Victory: Protecting Qigong in Massachusetts

BY CLAYTON CROSLEY

The National Qigong Association (NQA) and its dedicated membership have achieved an important victory in Massachusetts! One of two proposed bills that would have placed unnecessary regulation on Qigong has been successfully stopped.

Senate Bill S.261, aimed at regulating “bodywork” practices including Qigong and many other healing modalities was not brought forward for a vote. This outcome represents a major win not only for NQA members, but for the entire Qigong and wellness community.

Advocacy and legislative monitoring are among the NQA’s most important responsibilities. Our mission includes protecting the integrity and accessibility of Qigong while preventing overreach that could limit public access or restrict qualified practitioners.

We still need to keep an eye on the other bill which could impact our healing art. S261 is An Act Regulating Alternative Healing Therapies.

We thank our members, partners, and advocates who lent their voices to this effort. Your engagement ensures that Qigong remains a freely practiced, respected, and accessible healing art for generations to come.



Clayton Crosley
NQA President & Board Member
Legislation Committee Chair
president@nqa.org

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CLAYTON CROSLEY



An Honor to Serve as Osher Science Conference Ambassadors

Violet Li and CJ Rhoads, both members of the Research and Education Committee of the National Qigong Association (NQA), have been honored by the Osher Center for Integrative Health to serve as Ambassadors for the Science of Tai Chi and Qigong As Whole Person Health Symposium which will be held at Harvard Medical School in Boston on April 30 - May 1, 2026. Read on to learn about the deep journeys that led them here.

Violet Li's Story of Redemption

Growing up, I was often unwell, struggling with digestive issues, frequent colds, and the flu. With limited family resources, I wasn't taken to see a doctor. Instead, I was given a popular over-the-counter "Chinese medicine" — a harsh, bitter liquid with the sting of vodka. I dreaded taking it and resented the experience. Years later, the product was banned for false advertising and its illegal use of medical-grade alcohol. That memory left me with a deep bias against my own heritage, leading me to dismiss both Chinese medicine and traditional practices like Tai Chi and Qigong as outdated and unscientific. As a rebellious child, I often clashed with my mother over the value of our traditions.

I eventually stumbled upon Tai Chi and Qigong almost by accident — simply looking to fill a gap in my schedule and it was the only available class. To my surprise, I was immediately captivated.

In 2009, I attended the first academic Symposium hosted by the Yang Family Tai Chi Chuan Association at Vanderbilt University. The experience was transformative. I began to appreciate the richness of Tai Chi and Qigong's history, culture, and philosophy, while also being introduced to compelling scientific evidence of its health benefits. When leading scientists at the symposium proclaimed Tai Chi and Qigong a "Chinese treasure for the world," I felt an overwhelming mix of pride and shame; pride in my heritage, and shame that I had dismissed it for so long.

Since then, I have immersed myself in the field: reading hundreds of scientific studies, interviewing practitioners worldwide, and writing more than 800 articles. Sharing this art with the public through writing and teaching has become my passion and mission in life.

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VIOLET LI



Without Tai Chi and Qigong, I'd be bedridden, unable to work, either in constant pain or drugged out and blathering to avoid the pain. Tai Chi and Qigong saved me.

CJ RHOADS



In 2023, I was fortunate to collaborate with Dr. CJ Rhoads and Master Sharon Smith to present at the inaugural Science of Tai Chi & Qigong as Whole-Person Health Conference, sponsored by the Osher Center for Integrative Health and Harvard Medical School. Although I was already convinced of Tai Chi and Qigong's therapeutic power — from improving cardiovascular health and balance to easing stress, depression, chronic pain, diabetes, and even supporting memory — the conference still exceeded my expectations. Presentations showed that Tai Chi and Qigong can outperform conventional exercises like stretching, with longer-lasting benefits. Cutting-edge research even explored the molecular level and the interstitium, offering insights into why these practices work. It was fascinating.

To my surprise and delight, this year I was selected as one of the Symposium's ambassadors. It is a true honor to serve in this role — to share conference insights and related research with students, friends, readers, and audiences, and to help raise awareness of these accessible, low-cost health interventions.

On a personal level, this assignment feels like redemption — a way to give back to the very tradition I once dismissed, but now deeply respect.

CJ Rhoads' Story of Life Transformation

I got involved with Tai Chi and Qigong simply because I saw it on a television show called "Going to Extremes" about medical students on a tropical island, and I thought it looked really cool. Also, I was told by a massage therapist that I was "the tightest, most tense person" she'd ever met, and Tai Chi was supposed to help people relax. I searched and found classes and teachers, and in 1990 I commenced my journey to learn Tai Chi and Qigong for the next thirty five years.

During the first ten years, I practiced only for fun (and competition). While I was aware of the health benefits (my anxiety left almost immediately upon daily practice, and my bursitis went away within 2 weeks), that was not my main reason for playing. I just enjoyed it.

Things changed drastically in 2002 when I was seriously injured in a devastating automobile accident that left me with severe back and neck pain as well as mild traumatic brain injury causing long-lasting brain dysfunction. After struggling unsuccessfully with modern western medicine and still a basket-case after more than a year, I realized I had to give up on my medical doctors because they didn't have any answers to my chronic problems. Instead, I turned to my Tai Chi and Qigong practice, and all of the integrative medicine connections to it.

Tai Chi, Qigong, massage therapy, Pilates, yoga, traction, nutrition, and daily exercise came to the forefront of my health care routine, all of which I still practice today. Without Tai Chi and Qigong, I'd be bedridden, unable to work, either in constant pain or drugged out and blathering to avoid the pain. **Tai Chi and Qigong saved me.**

But I was born with a scientific mind. Just exactly HOW did Tai Chi and Qigong work? And was it just me, or would it help ANYONE who did it every day? I needed to know more.

A few years after my accident I was able to start teaching at Kutztown University (in the College of Business), so I became familiar with the academic process. While I'd been attending conferences, festivals, gatherings, congresses, competitions, and many other Tai Chi and Qigong events for more than 15 years at that point, from 2004 on I was also getting experienced at academic conferences and symposiums (a whole different animal, I'd found). At Tai Chi and Qigong events, presenters often share their knowledge and experience either on a voluntary basis (usually able to attend the event for free) or actually get paid to run a workshop! At the opposite end, at academic conferences everyone who presents pays for the privilege, and they generally get 15 minutes (one hour shared with 3 other presenters) to present their paper (not just ideas) if they even get selected (which is not easy). (If they don't get selected for an oral presentation, they might still be eligible for a poster presentation.) Academics go to conferences and symposiums because they are required to present at peer-reviewed academic conferences and publish their papers in the proceedings and related journals. Colleges and universities usually have a budget for their faculty to attend such events. It changes the business model for the event.

With one foot firmly planted in each of these two worlds, my journey into the scientific research of Tai Chi and Qigong and its impact on health had begun. And continues to this day.

Benefits for our NQA community:

There are many benefits to the NQA from this focus on the scientific underpinnings of Tai Chi and Qigong. NQA members gain additional credibility when connected to well-known academic conferences. NQA members are able to directly quote supporting research for the practices of Tai Chi and Qigong. NQA members can also gain a wider perspective of their art, and find additional connections and kindred souls. When NQA members present at academic conferences, it increases awareness of their offerings. It is common to send out press releases both to local and social media about the honor of presenting at national conferences.

But it is not easy to bridge the two worlds of academic symposiums and Tai Chi and Qigong events. There have been several attempts in the past. Three events drew the world's attention to the topic within the last two decades.

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By including both practitioners and medical researchers, they bridged the gap between the anecdotal stories of improved health and the peer reviewed scientific studies available.



The first was the International Taijiquan Forum held at Lakehead University in Thunderbay in Canada in July of 2006. The second was the International Taijiquan Symposium held in July of 2009 at Vanderbilt University in Nashville Tennessee. These two academic events forever changed our understanding of Tai Chi and Qigong by emphasizing the amount and quality of research in the field of health.

Admittedly, academics was not the major draw at these first two events. People came from all over the world not primarily for research, but because the top lineage holder of each of the five styles of Taijiquan (Master Wu Wenhan, Master Yang Zhenduo, Master Chen Zhenglei, Master Sun Yongtian, Master Ma Hailong) were doing workshops. But both symposiums were peer reviewed and academic, run by a team of Dr. Yang Yang, Dr. Penelope Klein, and Dr. CJ Rhoads. The important fact to academics was that it was reimbursable by colleges and universities and recognized as a valid peer reviewed symposium. The peer-reviewed academic presentations and poster presentations were held throughout the week just as the experiential workshops by the Tai Chi Masters were held throughout the week. All attendees could go to either one. The highlight of the 2009 Symposium was when the researchers and the Masters from China all took the stage and held a joint panel discussion about Tai Chi and Qigong.

Bridging the Gap Between Worlds

The organizers of each of these events had a vision larger than just learning forms. By including both practitioners and medical researchers, they bridged the gap between the anecdotal stories of improved health (which have been around for centuries), and the peer reviewed scientific studies available. A rich vein of medical research was presented by these amazing academics. And the amount of research has grown exponentially since then.

The Osher Center conference in 2023 carried on this tradition by including both practitioners and medical researchers. It was so successful that Dr. Peter Wayne and Dr. Gloria Yeh, co-chairs of the planning committee, wanted even more crossover. It is this need for a "bridge" that prompted them to seek out Violet Li and CJ Rhoads to serve as ambassadors. The job of an ambassador is to help introduce the deep history and traditions of Tai Chi and Qigong to the academic community, as well as to introduce the much-needed-by-the-medical-community academic practices surrounding research to those with experience with the practical side of the art.

Also carrying on this bridge between academics and practice is the ASKLEPIOS Research Group (<https://asklepiosresearch.org/published.html>) which publishes journal articles on the topic of Tai Chi, Qigong, and health. Seven of the fifteen articles published on that site were authored or co-authored by CJ Rhoads.

Equally as importantly, Violet Li actively bridges the gap between academics and practice regularly in her hundreds of articles and interviews published on <https://violetlitaichi.com/>. You will find interviews of world-class academics (like Dr. Wayne and Dr. Yeh) alongside famous Masters of Tai chi and Qigong.

To further bridge that gap, the May 30/April 1, 2026 Science of Tai Chi and Qigong Symposium has special pricing for Tai Chi and Qigong Practitioners and Students. Everyone is encouraged to register (<https://www.osherscienceoftcq.org/Registration-Information>) and see how both sides, academic and practical, can be successfully integrated into a whole that is grander and more valuable than either alone.

Best of Both Worlds

In summary, there are many benefits to getting outside of the silos of academic research or practical experience. Taking the opportunity to step into the other world will expand our horizons and increase our rewards exponentially - for everyone.

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