



Official Newsletter of the National Qigong Association

## To Our Beautiful Community...

Welcome to the NQA Quarterly Newsletter! We are excited to share with you upcoming events, profiles of professionals and leaders within our community, and other information about the Qigong World!

For starters, registration for the virtual 2023 NQA Conference is now open!

This year's theme is: **Movement and Stillness**

With a fantastic program of powerful and knowledgeable teachers, this is a **NOT-TO-MISS** event!

Check out the NQA website for the list of topics and speakers sure to enhance your practice or business, or heighten your interest about Qigong. See more information here: [www.nqa.org/annual-conference](http://www.nqa.org/annual-conference)



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# MEMBER EVENTS

DATE	MEMBER	EVENT
10/2/23	Nan Lu, OMD	A Holistic Approach to Health: Dragon's Way Qigong
10/7/23	Zhongxian Wu	Shamanic Tiger Saturday
10/6/23	Diego Sanmiquel	Foundation of Chinese Energetic Medicine
10/14/23	Roger Jahnke, OMD	The Nine Phases of Qi Cultivation
11/1/23	Solala Towler	Taiwan Qigong Tour
4/24/24	Abbot Michael Rinaldini	Annual 4-Day Retreat in Qigong and Daoist Meditation
9/26/24	Abbot Michael Rinaldini	Annual 3-Day Retreat in Qigong and Daoist Meditation

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

# NQA EVENTS

9/30/23	NQA	Virtual Annual Conference: Movement & Stillness
10/12/23	NQA	Qi Talks: "The Qi Effect" with guest Francesco Garri Garripoli



Your Ad Here

Would you like to place your advertisement in the NQA newsletter?  
For more information contact Linda at [publications.chair@nqa.org](mailto:publications.chair@nqa.org)

# Professional Profile

FEATURING FRANCESCO GARRI GARRIPOLI

Francesco Garri Garripoli is Chair Emeritus of the NQA, current Chair of the NQA Ethics Committee, a member of the NQA Certification Committee, and Advisory Council (AC) Member. He is also the Founder of CommunityAwake, a non-profit organization based in North Carolina that teaches live and online classes in many personal empowerment modalities including Qigong, organ cleansing, self-exploration, Watsu aquatic therapy, and meditation.

An internationally known Qigong Senior Teacher Level IV Certified by the NQA, Meditation Instructor, Certified Watsu Practitioner, and Yoga Practitioner. He has authored three books, numerous DVDs, and guided meditations.

Francesco's teachings encompass an individual's entire inner and outer being to spark healing. Insights on his new, third book "The Qi Effect" can be found [here](#).

Francesco also created the Wuji Mountain Retreat Center in Asheville, North Carolina. There, healing retreats are offered to small groups and individuals. The instructors that teach at the Sanctuary are world-renowned, including Buddhist Monks from Bhutan that Francesco's work also graciously supports through the Bhutan Monastery Monk Support Program.

Francesco's teachings, non-profit, and community work strives to include individuals of all ethnic and religious backgrounds.

"What makes us human is our ability to activate Qi... this is what brings us all together as it transcends race, creed, and color"

Francesco's life mission is to help heart-centered individuals in all communities spread transformation through Qigong and meditation. Aligning the connection of multi-level body, heart mind and soul healing is key to personal empowerment.

Check out Francesco's work here:

- <http://www.youtube.com/c/FrancescoGarripoli>
- <http://www.communityawake.com>
- <http://www.communityawake.com/wuji-mountain-sanctuary>

"What makes us human is our ability to activate Qi... this is what brings us all together as it transcends race, creed, and color"

FRANCESCO GARRI GARRIPOLI



# Events Committee

## HOW CONFERENCES TURNED MAGICALLY INTO EVENTS

Once upon a time, there existed a little committee called the Conference Committee that had one very large task to complete: creating and bringing to life a yearly conference. Every year, first in-person and then, after the pandemic hit, the committee spent all its time on designing a virtual place for the membership of the National Qigong Association a place to gather and celebrate being one in the spirit of Qigong.

Then a magical thing happened. The excitement and joy of camaraderie let the little committee begin to grow and as it grew, its members saw possibilities beyond their original once a year task. Many years before, an idea had been, like an unsprouted seed, planted for additional gatherings that would let all who wanted to know more about a topic delve deeper, learn new things about specific aspects of Qigong. So the little committee nurtured that seed and encouraged it to grow into periodic workshops known as QiTrainings.

And they thought “why stop there?” Let’s hold a free gathering—a QiGathering—that would let members of the organization come and meet with committee chairs and board members, a gathering that might excite them into volunteering for committees and running for the board. No longer were they a Conference Committee, but they became a dynamic and vibrant Events Committee.

Was the yearly conference forgotten? Not for one moment. With the first in-person conference since 2019 being planned for 2024, the committee knows it needs to reach out and find even more members who share their excitement about bringing conferences and events to the Qigong community.



Jo Chern, Events Committee Chair

[conference.chair@nqa.org](mailto:conference.chair@nqa.org)

Interested in helping? We would love to have you join us.

And they thought  
“Why stop there?”



# Research Committee

GREETINGS FELLOW PRACTITIONERS OF QIGONG!

My name is Kevin Siddons and I am the Chairperson of the Research and Education Committee. This committee addresses to areas: Research and Education.

One of the things we do is study the current research being published about the effectiveness of Qigong as an intervention to improve the health of a wide variety of people with a wide variety of ailments and conditions. Our goal is to gather this research from a number of sources and bring them to our membership. Another project is to reach out to research experts and invite them to come and interact with our membership.

Some of our future research goals include building relationships with college and university centers involved with researching Qigong so that we can help where we can and learn from their investigations.

The education part of our work includes taking the research materials to create professional, educational, and marketing materials. We want to support our NQA members in their efforts to build their businesses and student education practice.

If you are interested in either of these projects (and others yet to be developed) please consider joining the Research and Education Committee. If you have an questions, feel free to contact me at [chair.research@nqa.org](mailto:chair.research@nqa.org).



Kevin Siddons, Ed. D.  
Research & Education Chair  
[research.chair@nqa.org](mailto:research.chair@nqa.org)  
Gentle Qigong for Health  
溫和健身氣功

“Our goal is to gather this research from a number of sources and bring them to our membership”



## Publications Committee

The NQA Publications Committee plans to release a quarterly newsletter. We want to provide readers with information about NQA events, spotlight professional members, and leaders, and bring interesting and helpful information about Qigong and well-being to our readers.

There is so much useful information about Qigong we would love to convey to our readers, but we could use more volunteers to help do so. If you have a passion for Qigong and writing, contact me.

Linda Kiesler  
Publications Chair  
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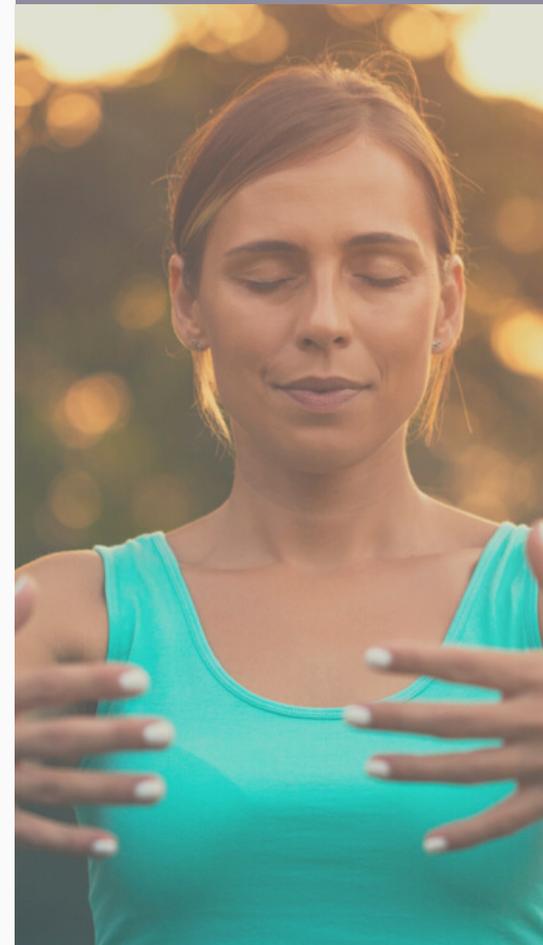
“There is so much useful information about Qigong we would love to convey to our readers”

**BECOME A MEMBER**

As a member you will have access to educational content that you can read or listen to at your own pace. As a member you will have access to our entire Qi Talks library. Our library contains years of broadcasts from leaders in the Qigong community.

The NQA hosts a variety of in-person and virtual events including workshops, community events, and an Annual Conference. Our events are great opportunities for building relationships and forming partnerships.

Learn more:  
[www.nqa.org/membership](http://www.nqa.org/membership)



# Ambassador Program

TELL THE WORLD ABOUT QIGONG

The NQA recently started an Ambassador Program. We invite professional members who are interested in contributing to our blog, newsletter, website, and other social media to join the program. This list will also let us know who is willing to help with events and other NQA activities. If you would like to join the Ambassador Program, contact us at [info@nqa.org](mailto:info@nqa.org).

## NQA Board of Directors

CONGRATULATIONS TO OUR NEW BOARD MEMBERS!

Recently, the NQA elected six new Board member (Paras Kaul, Michael McComiskey, Gary Giamboi, Cloe Couturier, Kevin Siddons, and Diego Sanmiquel). A new Chair (Jo Chern) and Deputy Chair (Paras Kaul) were also elected.

These knowledgeable members are dedicated to serving the NQA, our membership, and our organization goals.

