



Official Newsletter of the National Qigong Association

Happy New Year and Happy Year of the Snake!

The NQA is already up and running this year, and continues to provide our members with outstanding events online and in-person!

Our events page here lists just some of the wonderful events coming your way in the next few months. Go to the NQA website for additional events, workshops, Syner-Qi, and Qi Talks, and don't forget to register for the ones that stir your own Qi!

The NQA is announcing the availability of its new Learning Library containing videos from many renowned teachers, and tips on building your business! Check out the article and get ready to make your practice and business grow this year with the guidance of those that have done it!

A beautiful article on teacher Sue Crites who teaches Spring Forest Qigong is featured. Sue shares her story on what led her to teach Qigong and the effects it has had on her and her family. Sue will be leading two retreats in spring, so check out the details in the events page.

The NQA is working on a new Organizational Membership category for non-profit and for-profit organizations. The article in this newsletter explains the benefits this membership class will offer when it becomes available.

The venue for the 2025 in-person NQA Conference has been announced! It will be held in Richmond, VA at the beautiful John Marshall Ballrooms. Not only is this venue stunning and a great place to hold a conference, but the city of Richmond is steeped in historical beauty and interest! Great museums, hotels, and dining to add along with the conference experience! Read Treasurer Frank Hanley's article and check the NQA website for more information.

Thank you for your continued readership and membership in the NQA, and may your Qigong practice continue to flourish this year!



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UPCOMING EVENTS

DATE	MEMBER	EVENT
1/18/25	Francesco Garripoli	EMF Training – Beyond Qigong 3-Day Palm Coast
1/24/25	Irma Jenne	Qigong For Breast Health
2/1/25	Sheri Nicholson	Winter Seasonal Qi- Free on Zoom
2/1/25	Marketa Foley	Wuji As Foundation For Qigong Practice and Life
2/1/25	NQA	Playing with Taiji- Led by John Munro
2/8/25	Zhongxian Wu	Zhen 震 Hexagram Palace Internal Alchemy series – part 2
2/8/25	Zhongxian Wu	12 Animals Spring Qigong Seasonal Zoom Class
2/10/25	Bernard Shannon	Introduction to Medical Qigong
2/12/25	Nan Lu	Dragon’s Way Qigong® Instructor Training
3/1/25	Ted Cibik	Medical Qigong Therapist: Certification
3/4/25	Sue Crites	Nature’s Rhythms Baja Qigong Retreat
3/17/25	Bernard Shannon	Introduction to Medical Qigong (Second Offering)
4/1/25	Sue Crites	Spring Forest Qigong Level 3 Immersion Retreat
9/12/25	Damaris Jarboux and Rachel Lee	Qigong Healing Program at The Center Place

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

Interview with Sue Crites

BY DR. DINA JOY, DCEM, AAT

Meet Sue Crites, who practices and teaches Spring Forest Qigong, which is a beautiful slow, meditative movement practice, in Alberta, Canada. She has a depth of experience that makes her an incredible teacher and healer. As soon as we got on Zoom to connect, I could feel such a beautiful sense of peace and warmth emanating from her. You can tell when this work is alive in someone, and it was palpable as we talked.

Q: What started your interest in Qigong?

A: I started as a botanist, a plant ecologist, and a research scientist. I have a graduate degree in ecology, and I was in the field a lot. I had children, and my son, when he was born, was sick. He just always seemed to have a virus. He was coughing all the time. He was diagnosed with failure to thrive and he never slept and he didn't eat. He came into my life, and woke up my intuition. I started studying alternative health, because the medical system didn't seem to be helping us. I ended up getting a diploma in holistic nutrition at that time. I ended up getting trained by a naturopath in Canada in auricular and bioenergetic medicine, which included using the pulse and looking for blockages in the ear, and saw improvements in my son. My teacher talked about Qigong and said it can really help you with your energy, when working with clients. I found a VHS cassette on Qigong, which was in Chinese, and didn't resonate at all, so I put it aside...but Qigong wasn't done with me.

Fast forward about six or seven years; I developed bursitis in my hip. I went to all the professionals and nothing would help this repetitive, chronic pain. I remembered that this teacher told me many years before that Qigong could also help with physical pain. So I just went on YouTube and I just Googled Qigong and I pulled up some videos and I just started practicing it once in a while in my kitchen. I was surprised by how I felt when I was done. I felt peaceful. I had a really busy mind, so it was really hard for me to focus on the practice. But I noticed that my little kids didn't fight as much, my husband seemed nicer, and my house somehow seemed more spacious. And outside in nature, the colors seemed more vibrant. I was sleeping better, had more energy, and I'd actually forgotten all about my hip. My science-focused mind was like, why, how is this happening? Is this coincidence, or is it the Qigong? Filled with curiosity, I traveled to Calgary and I took a level one training there. It fascinated me how the instructor

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SUE CRITES



It's helpful for myself, but it's helpful for others, too. Just being there, in that state of peace, people can feel that. I think that's really what the gift of this practice is for the whole world. We have a ripple effect.



described this form of Qigong as being self-regulating and self-healing, and returning the body back to its natural state. I loved how you're not going to a healer or a practitioner, you get to do this for yourself. I went on to level two, which was focused on healing others, and level three, which is about distance healing. I noticed that including this with my wellness clients, they were getting better faster and more effectively.

Q: What are some of the effects you've noticed in your life from this beautiful practice?

A: I feel like it's so empowering because people have their own tool to help themselves feel better. The form I teach is not complicated at all. My kids were raised in this environment; they're young adults now, and they are like little Qigongers. I wouldn't say they practice, but they do meditations, and they know the concepts of focusing on your lower dantian and breathing. It's been quite rewarding to see the impact it's had on them; seeing them grow into these loving humans. When we used to go on holidays, my kids would say, "Mom, how come everywhere you go, you say that this is the most beautiful place you've ever seen?" I felt like my heart was opening to my whole life.

I love having a practice that keeps me centered, having peace in my heart. It's helpful for myself, but it's helpful for others, too. Just being there, in that state of peace, people can feel that. I think that's really what the gift of this practice is for the whole world. We have a ripple effect. We might underestimate the power of what we really are doing when we're practicing, but we're actually bringing more peace, more openness, to everyone around us.

Q: What made you decide to teach/treat?

A: I started by just sharing with a few clients who felt open. When you work with someone with the lifestyle work, the vitamins, drainage and all that, they do get better, but it takes a long time. What I found was that usually, there's something big that needs to be changed in their life. It could be time for them to leave their relationship, find a new job, etc. When we added Qigong, they would come back after a week or two of doing one movement now and then... and they had a sparkle in their eye. They had more energy, and they came to the big thing they needed to face sooner. I was so inspired by the changes I saw in myself and my clients that around 2016, I closed down my in-person practice, to focus exclusively on teaching Qigong online.

Q: What's one of the most meaningful transformations you've seen while sharing Qigong with others?

A: In my online practice group, we have this little community chat before we start. One woman had rheumatoid arthritis; she was diagnosed with it and the blood results showed this autoimmune

issue. Now, two or three years since her diagnosis, it's completely clear, completely gone. She shared that at the beginning of our group practice the other day, and that's amazing. You know, people can think "Oh, I have a headache and oh Qigong will help" but here's someone with an autoimmune disease being fully healed. It's so powerful and inspiring. I also have this 80 year old gentleman who was in my practice group, and he said he couldn't believe how great it was to not get up to go to the bathroom multiple times a night anymore, and to be able to reach over and get a tissue out of the box without pain in his shoulder, and how he now wakes up optimistic. He told me he hadn't had that in many years. One woman just shared how they had family get together and how she is usually tense and on edge around them. This time, she said the whole dynamic changed. She actually enjoyed being around each of them.

Q: Has practicing and teaching Qigong resolved any life or health issues for you?

A: I had a lot of aches and pains when I came to the practice, when I was in my 40s, and they all cleared up. I felt younger when I was 50 than I did when I was in my 30s. I felt like I had more energy. I wasn't as fatigued at the end of a work day. Another big one for me was my emotions. When I came to Qigong, I came for pain support, as many people do, but then many of us stay for other reasons even after the pain is gone. Before this journey, I didn't know that it wasn't normal to be worried all the time and to be thinking constantly about things...until it went away. My practice was continually bringing me back to my body. Looking back, I had anxiety, I had some depression, and I was like just a chronic worrier and overthinker. I didn't think I had a problem. I thought this was just normal. When I first let go of that, I'd feel like I was missing something, like I should be worried about something or thinking about something.

This practice has also risen up to meet me during times of trauma in ways I never could have imagined. For example, I was mountain biking in the mountains in Mexico, and I fell and broke my leg. We were in the desert, we're in another country, and my husband had to go get help. For the first few seconds after he left me sitting in the shade of a cactus, I was freaking out. How am I going to get out of here? How am I going to get home? How am I going to get to the hospital? And then...my practice was right there. I just was able to breathe. My husband was gone for an hour getting help, there were snakes and scorpions, and I just meditated and breathed. I took photos. It was beautiful. I was so impressed that all the training was right there, right when I needed it most. I'm so grateful for that.

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I felt like I could clear a lot of the inflammation, pain, shock, and trauma on my own. It was a powerful experience. Dina: This is a powerful point; you were able to drop into yourself and your training is right there. Moments like this are when we realize that Qigong isn't just about repair. This is about our whole experience of self.

Q: What's one piece of advice you'd give to someone new to Qigong?

A: First of all, I would let them know that it can be so simple. It doesn't have to be complicated and you don't need an hour a day. Really, you just need a few minutes a day, and if you can spend a few minutes, you're going to start to feel better in such a profound way that you're going to want to do it for longer. It's really accessible, so anyone can do it. You can be lying down, you can be seated, or you can stand if you can. My other piece of advice is to trust the practice, to trust that there are people that have validated this, and to have a bit of faith in what someone's sharing with you and try it. I think just being open to trying it is a great place to start.

Q: How can people learn more about you and what you offer as a Qigong teacher?

A: My website is: <https://suecrites.ca/>
Instagram: <https://www.instagram.com/suecritesqigong/>
Facebook: <https://www.facebook.com/suecriteshealing/>

Q: Who do you think could especially benefit from having a Qigong practice?

A: This can be deeply healing for people who are struggling with their emotions. It seems like anxiety is an epidemic right now, especially in the younger generations. If those young people or anyone struggling emotionally had a tool like this practice, it could really transform that anxiety for them and allow them to enjoy their lives.

Q: Is there anything else you would like readers to know about you, your teachings, and Qigong?

A: One piece of advice I have for people is to tune into their breath when they are feeling unsettled and just feel their body as they breathe. It's so simple, but I think that's the essence of so many practices that bring about healing. This practice is so gentle and loving. I truly believe that as more of us connect to our bodies through our breath, it could change the entire world.



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Raising the Bar Higher: The Stunning Venue for the 2025 NQA Conference

BY FRANK HANLEY

If you attended the NQA's 2024 Annual Conference in Savannah, you know that the NQA is back and has truly raised the bar. A welcoming location, an outstanding venue, and over 15 expert-led sessions highlighted our first face-to-face conference in five years.

The NQA Events Committee is hard at work planning the 2025 conference, and you can expect it to be even bigger and better. We are building a full two-day agenda and have secured the John Marshall Ballrooms in Richmond, VA, as the venue for the 2025 conference.

This historic space, recently remodeled, offers two stunning ballrooms for lectures, presentations, demonstrations, and personal practice. Each room holds 150 to 200 people, offering plenty of room for attendees to gather, learn, and practice together as a Qigong/energetic community.

NQA President Clayton Crosley shared his excitement about the venue:

"I can't overstate the beauty and grandeur of the venue. The ballrooms are beautiful and feel like you have stepped back in time to a period that F. Scott Fitzgerald wrote about. The Marshall Ballroom has 30-foot windows allowing the space to be bathed in natural light. The Virginia Ballroom, in its ornate splendor, boasts neoclassic and art deco details with a balcony overlooking the space. We will be flowing in spaces that have hosted many dignitaries and celebrities, including Elvis, Mary Tyler Moore, President Nixon, President Ford, President Carter, and Elizabeth Taylor."

Lauren Thomas, NQA Executive Administrator, added:

"As amazing as the Savannah venue was, the John Marshall Ballrooms in Richmond could possibly be better! It features two large rooms that are both equally grand in their own ways."

We are thrilled to bring the 2025 Annual Conference to this incredible venue. Stay tuned for more updates as we finalize the agenda and prepare for another exceptional gathering.



Frank Hanley
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Explore the New NQA Learning Library

BY MARY BECK

The NQA has a new "Learning Library" that is now available in the member resources section of the membership hub! Renowned Qigong teachers from around the world have contributed videos to educate, guide, and inspire our members. The programs are divided into categories for 1) all members, 2) practitioners and professional members only 3) professional members only. Below is a brief description of some of the topics covered in the videos.

FOR ALL MEMBERS

With a beautiful backdrop of a forest, Dr. Ron Davis, founder of The Health Movement, gives a two-minute health practice of focused breath and movement of the Crane called "The Crane Frolic".

Mimi Kuo-Deemer provides an eighteen-minute practice of "Eight Brocades Qigong" for organ function and overall wellbeing. Filmed in Beijing, this informal class is very entertaining because passerbys are curious about what Mimi is doing! The focus is being in your meditative center and practicing smooth silken movements.

A thirty-minute practice of "Qigong for Self Love" is guided by YOQI founder Marisa Cranfill. This holistic practice for body, mind, and spirit has flows to nourish vitality, balance heart fire, and open connection to Source. The backdrop is a lotus lagoon in Thailand, which is a wonderful way to experience the beauty and power of Qigong in a serene and heart opening journey. Marisa reminds us that "Our true nature is love".

John Munro of Long White Cloud Qigong explains the importance of the three regulations: mind, body and breath. John talks about conscious and unconscious breathing, and how breathing influences energy in a Qigong practice.

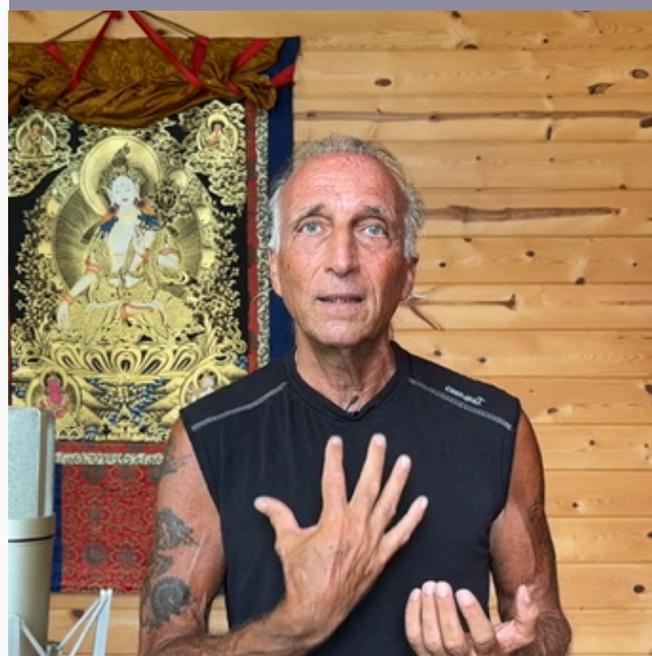
FOR PRACTITIONERS AND PROFESSIONALS

Robert Peng guides us through a 30-minute practice of "Four Golden Wheels Qigong". It is about awakening, empowering and harmonizing the 4 major energy centers of the body. It starts with a fun "Qi game" which I won't describe because you need to experience it! Robert talks about how Qigong impacts everyday life by aligning the dantians and central meridian.



Renowned Qigong teachers from around the world have contributed videos to educate, guide, and inspire our members

MARY BECK



As a Naturopath Doctor, Dr. Ted Cibik of Inner Strength, discusses the harmony of Qigong and Nature in this 17-minute program on physical, mental and spiritual health. He incorporates classical Chinese medicine for healing by starting with clean water and healthy food. Dr. Cibik emphasizes that in order to maintain good health, we need to connect with nature.

Steven Washington, founder of the Steven Washington Experience, shares practices and techniques he uses to manage and reduce anxiety affecting everyday life. In this 20-minute program, he explains how anxiety is typically brought on by stress and fear, and he offers valuable insights and tips that can help you and others find emotional well-being.

FOR PRACTITIONERS AND PROFESSIONALS

Marissa Cranfill gives a class on “How to Start a Conscious Qigong Business” using a YouTube platform after deciding what you want to achieve. She provides insights on how to start and grow a business and guides you through essential steps to align your business with Qigong principles. This program is for beginners in business or for taking your existing business to the next level.

Chris Shelton of Shelton Qigong discusses “Qigong for Abundance”. In this inspiring presentation, Chris shows how he transitioned from working for someone else to running a Qigong business. He guides us through how he expanded his clinical practice, group classes and his brand. And most importantly, how he pushed back against naysayers and his own negative self-talk.

When Community Awake’s founder Francesco Garri Garripoli was asked to present an advanced Qigong technique, he explained that a basic element practice can be advanced. Francesco says that beyond the fundamentals of breathing, movement, visualization and Qi, everything else is Qigong. There is no “advanced”. In this presentation of “Fire and Water Qigong”, Francesco gives us a basic element practice focused on fundamentals.

Lorelei Chang of Dance Enlight, provides valuable insights into Qi Culture. Having grown up in China, Lorelei shares how the Qi is so important for health, as well as why it continues to be an integral aspect of Chinese life. She provides simple yet profound and powerful Qigong movements for practice.

SUMMARY

This is a preview of some of what is available to NQA members in the membership hub’s Resource section under “Learning Library”. In this summary, it is impossible to acknowledge all the valued and experienced teachers in the library. I hope this article has given you a taste of the variety of subjects covered and will encourage you to use and share what you have learned for your own practice and in teaching.

To learn more about membership at the NQA, membership levels and benefits, please visit nqa.org/membership. To learn more about volunteer opportunities, please visit nqa.org/our-committees.



Mary Beck
NQA Certified Instructor, Reiki Master, and
Certified Yoga Instructor
Membership Committee Member

Community Spotlight:

Kevin Siddons

Kevin Siddons, Ed.D., is a respected member of the NQA community and holds the distinction of being a Certified Qigong Advanced Instructor Level III. As a dedicated instructor, Kevin continues to expand the reach and application of Qigong in innovative and impactful ways.

Kevin is excited to announce his involvement in an upcoming pilot study conducted by the School of Social Work at Temple University in Philadelphia, Pennsylvania. As part of the research team, he will lead the Qigong intervention designed to explore its effectiveness for developmentally delayed adults. The study aims to assess how Qigong techniques can improve walking ability and balance for this population.

Drawing on the wisdom of Dr. Jiao Guorui's Five Animal Frolics Walking Qigong, Kevin will guide participants through these traditional movements that combine balance, coordination, and vitality. These techniques have roots in Qigong and Traditional Chinese Medicine hospitals, where Dr. Jiao first shared them in the early 1960s.

The intervention will span 8 weeks, with sessions held twice a week, providing an opportunity for participants to engage with Qigong's transformative benefits.

To learn more about Kevin's work, visit his website at www.gentleqigong.net or reach out to him directly via email at ksiddons.gentleqigongforhealth@gmail.com.



Kevin Siddons

Gentle Qigong for Health 溫和健身氣功
NQA Certified Qigong Advanced Instructor
Level III & NQA Professional member

Kevin will lead the Qigong intervention designed to explore its effectiveness for developmentally delayed adults



Coming Soon: NQA Organization Member Class

Show your support for the advancement of Qigong!

We're excited to announce that the National Qigong Association (NQA) will soon be launching a new membership class, the NQA Organization Member, specifically designed for organizations! Whether you are a for-profit or nonprofit organization, if your work aligns with the field of Qigong, or you wish to promote this practice for the overall well-being of your employees and community, this membership offers a unique opportunity to join a respected community dedicated to the advancement of Qigong.

Exclusive Benefits for Organizational Members:

By becoming an NQA Organization Member, your organization will not only show your dedication and support for Qigong, you will also gain access to a range of exclusive benefits designed to enhance your visibility, expand your network, and offer valuable opportunities for growth and collaboration. These benefits include:

- Use of the NQA Supporter Logo: Display the NQA Supporter Logo on your marketing materials, website, and communications to showcase your affiliation with the leading national organization dedicated to Qigong.
- Recognition on the NQA Website: Be prominently featured on our website with your business details, description, and direct links to your services or products.
- Directory Listing: Be listed in our exclusive Organization Member Directory, making it easy for potential clients, partners, and other stakeholders to connect with you.
- Special Marketing Opportunities: Take advantage of unique marketing opportunities offered by the NQA to amplify your visibility and reach within the Qigong community and beyond.
- Discounted Booth Rates at the NQA Conference: Enjoy reduced rates for booth space at our annual conference, a prime opportunity to showcase your products or services.
- Complimentary Ad in Newsletter: Receive a complimentary business card-sized ad in the NQA newsletter.
- Exclusive Employee Discount on Individual Memberships: Offer your employees discounted access to membership to support their overall health and well-being.

Join Us in Advancing the Qigong Community!

By becoming an NQA Organization Member, your organization joins a respected community committed to the practice and promotion of Qigong. We invite you to take this step toward supporting a tradition that enhances the lives of countless individuals.

Interested in joining? Contact us at membership@nqa.org to be put on the wait list and start the process. You can be featured when we launch the official webpage! Stay tuned for the official launch date announcement!

A Message for the New Year: Finding Harmony Through Qigong

BY PARAS KAUL

The new year begins with hopeful energy from the 2024 holiday season. As usual, the far-reaching worldview is complex and chaotic. Now, possibly more than ever, it is time for each of us to use interoceptive inner vision to evaluate the condition of our internal body systems.

Activating Qi within the collective organ systems affects Qi in the external bio-field, which affects the reflection of our overall well-being in the months to come.

Peering into heart-space is of utmost importance to assure that our actions resonate with positive intention and goodwill towards others, thus the challenge for each new day. Let the goodness of our best intentions guide us through the year and provide comfort for those among us who are beginning the year with new life challenges.

Let us extend our heart resonance outwardly to touch the hearts of those around us with positive Qi intention, as we work together to make the world a better place. Let there be peace; let there be joy, and let our Qigong practices be energetic experiences that lift the spirit and provide deepened awareness to carry us through the new year and through all lifetimes. Happiness comes from the harmony that Qigong brings when practiced with intention: Harmony in Motion.



Paras Kaul
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PARAS KAUL

