



Official Newsletter of the National Qigong Association

My dear NQA family,

Here we are, beginning the year of the Fire Horse. As I sit here reflecting on all the changes and learning this last year has gifted me, and what some of you have shared with me, I can't help but feel an incredible amount of gratitude for all we've faced, learned, and grown through. These last two years have been powerful doorways for many into transformation, deep reflection, and shedding stagnation... sometimes in quite unexpected ways. (For those of you who have gone through some pretty major life shifts, I see you and I'm with you!) Right now, as you read this, I invite you to take a moment to reflect on your year, and what you're grateful for. Even if it was hard. Not just for a "nice idea," but as a powerful practice of alchemy.

I remember a story I was told that connects to this; please forgive me for not remembering who I first heard it from as I write this.

A traveler was nearing a village, and saw a man sitting outside his home. The traveler called out to him, saying, "I'm looking to move to a new village and want to know whether this one is a good place to live. What are the people like here?" The man looked at him and asked, "What were the people like where you came from?" The traveler answered, "They were terrible! Such disrespectful, unpleasant, selfish people."

The man looked at the traveler and said, "You'll find the people are very similar to what you found there. I don't think you're going to like this village at all." The traveler thanks him for sparing him from wasting his time looking there, and continues on his way.

Later on, another traveler comes down the road to the village. Just like the first, they greeted the local man and said, "I'm looking to move to a new village and want to know whether this one is a good place to live. What are the people like here?" The man looked at him and asked, "What were the people like where you came from?" The traveler answered, "Oh, we just loved our previous village. The people were friendly and welcoming, and our neighbors were so kind and thoughtful."

The local man looked at him, and smiling, said, "You'll find the people are very similar to what you found there. I think you'll love it here."

When I think of this story, I think of how our beliefs about something, our relationship to something, what we expect to find, can completely change our experience of it. This has hit deeply for me, especially recently. Something my Sifus have always instilled in me is that feeling

Upcoming Events

PAGE 2

Feeling Through Movement: The Making of Sense You Qigong

PAGE 3

Chinese Horoscope 2026 and the Year of the Fire Horse

PAGE 7

Congratulations to Our Newly Certified Members

PAGE 9

Well-Being from the Integration of Qigong, Sound and Neurofeedback

PAGE 10

How to Market Qigong Classes: Actionable Tips for NQA Teachers

PAGE 12

Qigong on the Olympic Stage

PAGE 15

Community Voices

PAGE 16

is an essential part of healing. Not just recognizing what feelings are there, but how consciously choosing what I say, think, and feel about something can change my entire journey with it.

Whatever we go into an experience expecting to find, our minds subconsciously start looking for, and become wired to notice things that reinforce that. And where the mind goes, energy flows.

As we begin this new year, I invite you to use this powerful time to choose. What are you choosing to be grateful for in this new year? What are you choosing to look for, and find? What are you choosing to honor and appreciate? What are you choosing to breathe life into with your words, thoughts, and actions? What stories are you ready to put aside? It doesn't mean pretending everything is easy, or diminishing any pain you've faced. What it means is that you get to choose whether last year is a weight on your back, or a solid foundation you build something meaningful on in 2026. You worked hard to get here, and you deserve to get all the rich gifts and wisdom you've earned from your experiences. As we journey together into a new year, let's support each other in choosing to create something wonderful, healing, and harmonious together. Let's choose a year where, whatever we face, we choose to find blessings and materials to build something that we truly care about bringing into the world.

I'll be building right alongside you, and cheering you on from here.



Dr. Dina Joy, DCEM, AAT
NQA Publications Chair
publications.chair@nqa.org

UPCOMING EVENTS

DATE	MEMBER	EVENT
2/21/26	Brian Cook	Deepening Our Five Spirits Experience: Descending Kunlun Mt.
3/4/26	Dr. Ted Cibik	Four Week Course: Resilience - Learning How to Come Back
3/14/26	Markéta Foley	At Canter With The Fire Hourse (Workshop)
3/21/26	Sheri Nicholson	Spring Seasonal Qi - Free on Zoom
4/10/26	Rachel Lee and Damaris Jarboux	The Microcosmic Orbit, A Full Day In person Qigong Class
5/1/26	David Silver	Group Qigong Zoom - Friday 11 am EDT
9/8/26	NQA	2026 Annual Conference

Feeling Through Movement: The Making of Sense You Qigong

BY LAUREN THOMAS

In 2017, Joyce Virani attended an NQA conference not only as a presenter, but as a participant. She moved from session to session, experiencing a wide range of teaching styles and approaches within the Qigong tradition. In many classes, the emphasis was on learning and repeating movements in a specific way, with careful attention to form and precision.

Joyce noticed how her own body wanted to move differently at times, "I found myself having to move really slow with a certain instructor while my body wanted to move faster."

At the end of the conference, everyone gathered to learn from Chungliang Al Huang, a respected teacher and speaker. He opened his session with a single sentence: "I can share the movement with you, but you have to make it your own."

Joyce remembers wanting to leap out of her seat.

"I just wanted to stand up and say, 'You see, you see?'" she says. "That moment stayed with me."

From Insight to Practice

In the years following that conference, Joyce developed Sense You Qigong as a way of listening more closely to what is already present in the body. This unique somatic movement practice invites attention to what is sensed, remembered, or stirred as the body moves.

Sense You Qigong remains rooted in the theory and structure of Qigong, while allowing each person to experience the movement in their own way.

"I kept on thinking, it cannot be that we are all standing here following a teacher in a breath-led movement and we're all doing it at the same time," she says. "Your breath may be very different from mine in that moment."

I kept on thinking, it cannot be that we are all standing here following a teacher in a breath-led movement and we're all doing it at the same time. Your breath may be very different from mine in that moment.

JOYCE VIRANI



@ninviraniphotos

I can share the movement with you, but you have to make it your own.

CHUNGLIANG AL HUANG



That respect for individual breath and timing carries into the way Joyce holds the group. She likes to practice Sense You Qigong in a circle, creating a shared field where participants can sense one another and feel inspired to move in a way that is true for them. Some may choose to move with feeling and emotion, while others focus more on the physical sensations of the movement itself.

“The movement may look the same,” Joyce says, “but it can feel very different in my body than it does in yours. And it can feel different each time you return to it.”

One of the reasons I wanted to interview Joyce was because I felt drawn to her work. When I first watched her videos, what I saw reminded me of a kind of Qigong dance. The movements felt expressive without being performative, intuitive without being unstructured.

During our conversation, Joyce offered to guide me through a short practice. What stood out most was the way cinematic music was paired with movement. Each piece was carefully selected to support a specific emotional and energetic quality, from anger and grief to connection and love. Paired with movement, the music shapes rhythm, pacing, and emotional tone. At one point, I felt goosebumps, which Joyce described as one of the ways the body communicates when it is being listened to.

When I asked if she had a background in music, Joyce smiled.

“My father was in a band when he was young,” she said. “When we were growing up, he kept playing the guitar and singing at home. Music was just part of our family life. It was always there and it still is.”

That early immersion is evident in her work today. Music is not simply in the background of Sense You Qigong. It is intentional and precise.

Holding Space for Feeling

Joyce’s work is deeply informed by trauma-aware practice and an understanding that the body holds experience in ways that words do not always reach.

Recently, Joyce brought Sense You Qigong to Kenya, teaching alongside folklorist and educator Dr. Gina Miele. Their work brought movement and storytelling into schools serving girls in informal settlements through Shining Hope for Communities (SHOFCO), a grassroots organization supporting education, health, and community-led resilience. Many of the girls live in a state of constant alertness, where survival comes first.

“Often, it feels safer for them not to share how they feel,” Joyce explains.

Through movement, the girls and the adults supporting them were invited to notice what they were feeling at their own pace and in their own way. Because this kind of sensing can be vulnerable, Joyce emphasizes choice throughout the practice, with space to pause or share when needed.

“Care is always part of the practice,” Joyce says. “There are moments to pause or step back if needed, and an invitation to reflect or share. I might simply ask, ‘How did that feel for you?’ or ‘Do you want to share anything about it?’”

When space is held in this way, it is often moving to witness what surfaces, and how people begin to share and listen, both to themselves and to one another.

The Body Remembers

At the heart of Sense You Qigong is a simple understanding: the body remembers.

Over time, Joyce has shaped her work through teaching, study, and close listening to what the body reveals when given time, choice, and attention.

Sense You Qigong offers a way to meet what the body has been holding, through movement, imagery, and story. In this work, storytelling is not limited to words. It is expressed through posture, gesture, breath, rhythm, and sensation, offering a way to feel, experience, and make sense of it from within.

“For me, story is an invitation,” Joyce says. “Not to tell people what to feel, but to offer a way into the movement and into their own experience.”

“The movement moves the energy,” she explains. “The breath powers it. The story helps make it personal.”

This approach carries through Joyce’s work across settings and ages. With adults, she may speak about nervous system regulation. With children, the same movement becomes an image of breathing up the energy of the earth and bringing down the warmth of the sun.

Care is always part of the practice. There are moments to pause or step back if needed, and an invitation to reflect or share. I might simply ask, “How did that feel for you?” or “Do you want to share anything about it?”

JOYCE VIRANI



@victor_oginga

“For me, story is an invitation. Not to tell people what to feel, but to offer a way into the movement and into their own experience.”



@victor_oginga

Alongside virtual and in-person group classes and workshops, Joyce also offers one-on-one sessions through Qi-Coaching, blending movement with somatic inquiry and coaching. She works with couples as well, supporting relational awareness and communication through embodied practice.

“It’s always through feeling,” Joyce says.

At its core, Sense You Qigong is an invitation to pause, notice, and listen to the language of the body, to feel through movement and make sense of what is present.

Learn More

To learn more about Sense You Qigong and Joyce’s work, visit <https://www.joycevirani.com>. Joyce offers both private coaching and virtual group Qigong classes. A visual introduction to

Sense You Qigong is available in the video section of her website at <https://www.joycevirani.com/videos>



Lauren Thomas
NQA Executive Administrator
info@nqa.org

Chinese Horoscope 2026 and the Year of the Fire Horse

BY DIEGO SANMIQUEL

From February 17, 2026, to February 6, 2027, we enter the Year of the Fire Horse, lunar year 4724. In Daoist cosmology, this is a Yang year, active, outward-moving, and decisive. Fire and Horse together amplify movement, passion, and speed. This is not a subtle year. It is a year that forces clarity.

The Fire Horse does not tolerate indecision. It exposes what is unresolved, accelerates what is aligned, and burns through what is stagnant. No sign will have an entirely easy year, but each will be offered a chance to define themselves more honestly.

The Overall Tone of 2026

The Fire Horse brings intensity. Decisions made this year carry weight and momentum. It is a period of strong emotions, rapid shifts, and visible consequences. Global themes include technological acceleration, social tension, and disruption, alongside genuine acts of solidarity and renewal. This is a year that rewards adaptability and punishes rigidity. Fire can illuminate or destroy. The difference lies in how it is handled.

The Signs Most Aligned with the Fire Horse

The Horse is a Fire sign, and in 2026 that element doubles. Signs that resonate with movement, vision, and creative risk tend to navigate this year more smoothly.

- Tiger: The Tiger regains momentum after a period of restraint. Projects stalled in previous years can move forward, provided focus replaces impulsiveness.
- Dog: The Dog finds strength in collective efforts. This is a favorable year for community building, ethical leadership, and shared missions.
- Goat: Sensitive and artistic, the Goat can access deep creative transformation. Emotional honesty becomes a strength rather than a liability.
- Rabbit: The Rabbit reconnects with intuition and sensitivity. The challenge is overstimulation. Rest and rhythm are essential to avoid burnout.

These signs may experience breakthroughs, but not rest. Fire accelerates growth, but it demands discipline.

The Signs Most Challenged by the Fire Horse

Some signs struggle with the Horse's pace and unpredictability. Challenges may show up as emotional friction, physical exhaustion, or sudden disruptions.

This is a year that rewards adaptability and punishes rigidity. Fire can illuminate or destroy. The difference lies in how it is handled.

DIEGO
SANMIQUEL



- Rat: The Rat's need for control clashes with a year that refuses to be managed. Flexibility becomes non-negotiable.
- Rooster: Order and perfectionism create tension. The Rooster must release rigidity and accept imperfect movement.
- Pig: Emotional swings and physical depletion are possible if rest and boundaries are ignored.

For these signs, the year acts as a mirror. The work is not avoidance, but conscious transformation.

A Year of Awareness, Not Privilege

Although some signs appear luckier, 2026 is not about reward. It is about awareness. The Fire Horse arrives at the closing of a larger human cycle. It pushes individuals and systems to define what they truly stand for.

There is little tolerance for hypocrisy or half-measures. What is unclear becomes visible. What is misaligned loses stability.

Three Strategies to Face the Year of the Fire Horse

The Fire Horse is creative, noble, and energetic, but also volatile and temperamental. To work with this energy rather than be consumed by it, three principles matter.

1. Jing, Qi, and Shen in balance

Health must be approached holistically. Jing relates to the body, Qi to energy and breath, and Shen to the heart and spirit. Strengthening all three creates resilience. In a year marked by constant stimulation and pressure, this balance counteracts chronic stress and fragmentation.

2. Community over isolation

While the Fire Horse carries strong individual drive, it also awakens a collective impulse. Support systems matter. Family, trusted friends, and aligned communities provide grounding. Mutual aid and shared resources become stabilizing forces.

3. Intuition and conscious awareness

2026 carries a hyper-real quality. Rapid advances in AI and technology blur perception and increase distraction. Developing intuition and awareness is essential. Discernment protects against deception, vanity, and reactive decisions.

Riding the Fire

The Fire Horse cannot be controlled, but it can be ridden. This year asks for courage, creativity, and responsibility. Adaptation, generosity, and clarity determine whether the fire becomes fuel or destruction.

2026 will test everyone. The outcome depends on awareness, not luck.

Each animal of the zodiac

How will each animal navigate this fiery cycle? The Fire Horse invites all signs to harness its vibrant energy: seize new opportunities, nurture physical and emotional well-being, strengthen bonds, and meet life's transformations with courage and grace.

To read the full zodiac forecast for Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig, visit Diego's complete 2026 Fire Horse outlook here: <https://www.diegosanmiquel.net/blog/chinese-horoscope-2026-and-the-year-of-the-fire-horse>



Diego Sanmiquel

NQA Board Member and Vice President

diego@daoist.mba

Congratulations to Our Newly Certified Members

BY LINDA CLOSE

The Certification Committee would like to extend a heartfelt congratulations to all NQA members who have been certified in 2025:

Mariko Dugay
Kira Semanas
Kelly McLeod
Joe Contrino
Bronwen O'Wril
Jake Senn
Brian Martin
Caryl Rappaport
Ann Bruinsma
Lee Brasche

The Board of the NQA recently updated the requirements for the Level I Instructor Certification. The total hours of Qigong Training for Level I are 200 hours and can now be 100% Virtual Qigong Training. All other Levels of certification are allotted 25% of total hours required to be Virtual (Real-Time) Qigong Training.

The Certification Committee is in the process of updating and clarifying the definitions involved in the certification application process to make the application process clearer and easier to follow. We look forward to seeing new applications this year. Thanks to all who make this process possible.



Linda Close
Certification Committee Chair
certification.chair@nqa.org

The Certification Committee is in the process of updating and clarifying the definitions involved in the certification application process to make the application process clearer and easier to follow.

LINDA CLOSE



Well-Being from the Integration of Qigong, Sound and Neurofeedback

BY PARAS KAUL

When I was in grad school at the School of the Art Institute of Chicago, I had the opportunity to do a video interview with Ravi Shankar. He was asked the question, "Why did you chose music to be your artistic medium?". He paused, looked up, and pointing a finger above explained that music is the most direct connection.

Both Qigong and audio frequency overtones produce vibrations that resonate and connect with energies of the universe. These subtle vibrations travel instantly throughout the body's nervous system where they resonate with energy fields surrounding vital organs in the body. The feeling of wanting to move the body or dance is evidence of these dynamic connections. When we tune into audio frequency overtones in sound, we have the feeling of wanting to synchronize the body's movement with rhythmic patterns in the sound. When we focus deeply on the breath during Qigong practice, we have a similar feeling of wanting to synchronize movement with rhythms of the heart.

The brain's response to Qigong and to sound can be monitored with electroencephalography (EEG), which analyzes and produces visible representations of brainwaves. Analyzed over time, brainwave frequency and intensity data indicate how the brain is reacting to biological and sensory stimuli from the external environment and internal organ systems. A coherent relationship between hemispheres of the brain occurs during and after deep sessions of Qigong practiced while hearing sustained audio frequency overtones in sound. When the brainwaves register a significant amount of coherence throughout the hemispheres of the brain, the brain responds by sending vital life stimulation to organs, thus activating Qi and creating overall wellbeing in the body.

For several years I worked with a brain-computer-interface system, which I demonstrated at national and international conferences and venues. I did before-and-after brainwave monitoring and compared changes before-and-after Qigong practices and before-and-after hearing sustained frequency overtones in meditative music. Results showed that brainwave activity changed significantly after Qigong practices and also after hearing the sustained frequency overtones in meditative music. Inspired by these results, I began to compose sound using brainwave data converted to MIDI notes, and translated into musical notes assigned

When the brainwaves register a significant amount of coherence throughout the hemispheres of the brain, the brain responds by sending vital life stimulation to organs, thus activating Qi and creating overall wellbeing in the body.

PARAS KAUL



When experiencing a coherent brainwave state, the sound produced was calm and meditative, demonstrating that brain coherence is conducive to positive activity in the body.

PARAS KAUL



to digital instruments. When I experienced a stressful brainwave state, the sound produced was chaotic and frantic. When experiencing a coherent brainwave state, the sound produced was calm and meditative, demonstrating that brain coherence is conducive to positive activity in the body. This realization led me to understand how integrating Qigong practices and sustained audio frequency overtones in meditative music has the potential to increase overall well-being exponentially.

Currently, I see that higher education has begun to embrace integrative well-being practices, such as Qigong, Tai Chi, Yoga, Meditation and Sound. Acknowledgment of the effectiveness of combined practices has begun to spread. On the East Coast, the Osher Center for Integrative Health in Boston is hosting their second international conference on The Science of Tai Chi & Qigong as Whole Person Health. Their conference is happening April 30 - May 1, 2026. Similarly, the c-hearts.com organization is hosting the 2026 Contemplative Practices for Higher Education (CPHE) Conference at Virginia Polytechnic Institute in Blacksburg, VA. Their conference is March 12-14. NQA members will be presenting at both conferences.



Paras Kaul
NQA Chair
chair@nqa.org

How to Market Qigong Classes: Actionable Tips for NQA Teachers

BY PATRICK ICASAS

Qigong is a discipline that promotes spirituality, physical, and mental health. But even qigong instructors have to deal with the practical considerations of running a school. In order to keep doing what we love and spread the message of qigong, we have to find different ways to market qigong classes to reach potential students. Fortunately, two highly experienced and successful voices in qigong have agreed to share their wisdom and experience.

First we have Shoshanna Katzman, former president of the NQA and Chairperson of the NQA Advisory Council since 2011. She currently runs [Two Rivers Academy of Taiji & Qigong](#) as well as [Red Bank Acupuncture & Wellness](#).

We also have Cristina Sanchez, founder of [Sukha Spirit Arts](#) in British Columbia, Canada, and a former professor with a PhD in Organic Chemistry. She began her qigong journey in the 2000s and has since trained under multiple qigong lineages.

We asked them for suggestions on how NQA members can market their classes better, and here's what they had to say:

1. Have a good website (or websites)

Websites are more than an online calling card. They're a place where you can establish your bona fides. Courtney's website details her entire journey, from even before she discovered qigong, when she was teaching at a BC university, and provides in-depth detail about the certifications she's received, the Taoist adepts she's trained under, and her current activities.

Shoshanna uses websites to give her two businesses their own identities and target their respective ideal customers. "I've had a website ever since I founded Red Bank Acupuncture in 1988," Shoshanna says. "Now I also have a website for Two Rivers Academy, and for my Center of Power: Life Mastery Through Taiji online curriculum, which teaches both taiji and qigong exercises."

2. Offer a range of class options

Both Cristina and Shoshanna teach classes in different disciplines, from qigong to taiji to yoga. And while yes, this is an article on the National Qigong Association

Capturing emails and keeping in touch has worked best for me. I enjoy writing them and keeping people informed on my offerings, as well as on Taoist principles and philosophy, and how they continue to be so relevant and useful for us, even after thousands of years!

CRISTINA SANCHEZ



I promote my qigong classes to my acupuncture patients, teach workshops for the NQA, and write monthly articles for Natural Awakening Magazine. Marketing today also happens through social media and word of mouth.

SHOSHANNA KATZMAN



website, it's fair to say that many members are gifted teachers who are skilled in multiple arts. This is an advantage for both you and the student. The student can mix and match classes based on their interests or needs, and you've also diversified your business and can service more students.

That's not the only way you can offer more choices to students. You can give them more time slots to choose from, for example. Or you can offer both in-person and virtual classes the way Cristina does.

"I've been teaching qigong and yoga for many years. I made the switch to teaching online via Zoom at the beginning of COVID. I started using OfferingTree as a platform for my virtual studio with live Zoom classes and on-demand practices a couple of years ago. It's only recently that I've returned to in-person offerings in my new yurt studio."

3. Keep people engaged with a newsletter

Qigong instructors should try to collect as many email addresses from their students as possible. Newsletters are very effective in keeping students engaged and are a constant reminder of your presence. Shoshanna and Cristina both use it to great effect.

Cristina says, "My best strategy seems to be through regular newsletters. Capturing emails and keeping in touch has worked best for me. I enjoy writing them and keeping people informed on my offerings, as well as on Taoist principles and philosophy, and how they continue to be so relevant and useful for us, even after thousands of years!"

Shoshanna agrees. "I send a weekly email newsletter to my qigong and taiji students. It has Chinese medicine wisdom, suggestions for breathing exercises, and ways to move healthfully through the seasons. I also send monthly newsletters to my email list about my classes and practical Chinese medicine suggestions for guiding people toward health and wellness."

4. Don't rely on a single marketing channel

It's always best to mix things up, even if you find something that works. You never know when your primary channel might stop working, and you may end up discovering another great opportunity or achieving success in a different way.

Shoshanna knows this well and practices it. Shoshanna shared, "I promote my qigong classes to my acupuncture patients, teach workshops for the NQA, and write monthly articles for Natural Awakening Magazine. Marketing today also happens through social media and word of mouth." "I also know that other qigong and taiji instructors have promoted themselves on Facebook and YouTube with great success."

5. Invest in your own development

You are your own best marketing tool.

Believe in what you're teaching and invest in your own development as a qigong practitioner. Build your experience and skills and establish your own expertise. That's what Cristina and Shoshanna have done.

Cristina says, "My advice to anyone starting out is to keep your own practice strong and true and then teach from there. Inspire others from your own personal, lived, authentic experience. Serve as a teacher, model, and inspiration. As one of my teachers would always say: 'heal yourself and become contagious.'"

Shoshanna invests in personal and professional development, too. "Another key component of my marketing efforts was my book, "Qigong for Staying Young," published and marketed by Penguin Random House, with an accompanying DVD that's now available digitally. I've also just completed an online curriculum entitled "Center of Power: Life Mastery Through Taiji" that I worked on for ten years."

Life is a journey, and so is business

Qigong is all about strength, flexibility, and balance. That's the same approach you need to bring to school as a teacher and business owner. You need to be able to adapt to whatever marketing strategy works, and then once you find it, have the focus to build that marketing channel up and invest in your own growth as a practitioner.

We hope this advice has been helpful, and we hope you'll be able to see the same success as our two experts!

Ready to streamline your qigong business and grow your class enrollment? [OfferingTree](#) helps NQA professionals manage their website, scheduling, email marketing, and payments all in one place—just like Cristina does for her virtual and in-person classes.

NQA Members Get a Free Studio Success Checklist & Discount on OfferingTree

If you're like Cristina and Shoshanna, you'd much rather focus on your students and the practice, not spreadsheets or admin work.

OfferingTree's [Studio Success Checklist](#) is the proven roadmap designed to give you clarity. This isn't just for big, traditional studios. Whether you're solo with an online studio, launching a small community studio, or just starting to sell your workshops, this checklist simplifies everything—from creating a budget to building your class offerings to planning launch events that bring in revenue fast. Take the guesswork out of building your thriving qigong business and download the checklist today.

NQA members can download the checklist [here](#) and enjoy their exclusive NQA member discount on OfferingTree's business software at offeringtree.com/nqa.

Qigong on the Olympic Stage

BY CLAYTON CROSLEY

I recently received an exciting note from NQA member John-Andrew Kambanis, a two-time Winter Olympian (1998 and 2002, Bobsled). While watching the Olympic halfpipe qualifiers, he heard something that caught his attention.

During the broadcast, the announcer shared this:

“Chase Josey told me that a lot of the US team, four of the half pipe riders, practice Qigong during the day to center themselves and get ready for this.”

One of the athletes referenced was Chase Josey, who is competing at the highest level of international snowboarding.

It also presents an opportunity. When Qigong is mentioned during an Olympic broadcast, it opens a door. Curious viewers may ask, “What is that?” or “How does it help?” This is where we step forward as a community. Not with hype, but with clarity. Not with exaggeration, but with grounded confidence.

Moments like this remind us that Qigong is relevant wherever human excellence is pursued. From clinics and classrooms to veterans’ programs and now the Olympic stage, the practice continues to quietly demonstrate its value.

It is encouraging to see the world noticing.

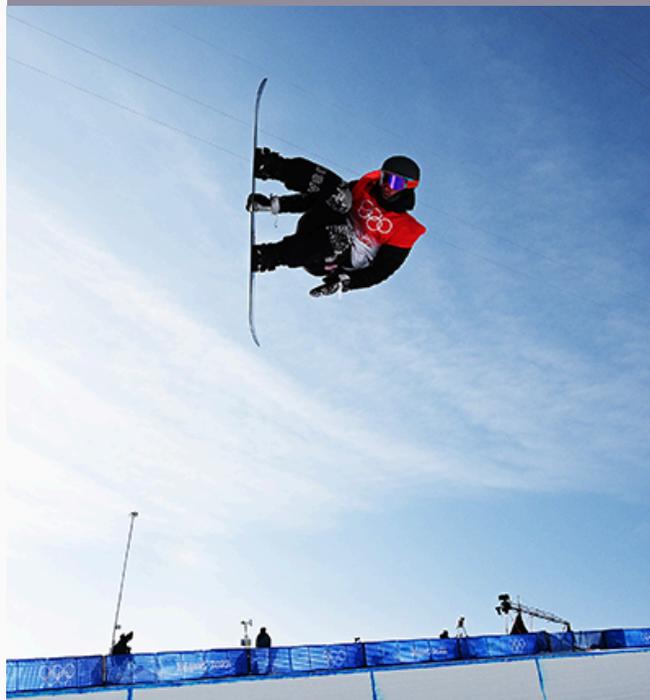


Clayton Crosley

NQA President and Board Member
president@nqa.org

When Qigong is mentioned during an Olympic broadcast, it opens a door. Curious viewers may ask, “What is that?” or “How does it help?” This is where we step forward as a community.

CLAYTON CROSLEY





Community Voices

Words of wisdom, shares, and musings from our Qigong family

“Life is a journey filled with ups and downs. Through it, we discover our strengths and our opportunities for growth. Be the version of yourself that you want to be and stop defining yourself with things, words and feelings that are not aligned with who you truly are and want to be. Surround yourself with people who uplift you. You deserve it. Love yourself and show up for yourself the way you deserve. Be that example for yourself and others will learn from your example.”

John-Andrew Kambanis DCEM, 2-time Olympian, Prota Wellness

We wish a hearty congratulations to Professor Spencer Gee for his feature on SinoVision Chinese News. He took a leap of faith in agreeing to participate so his Tai Chi work—especially with Parkinson’s patients—could be highlighted for those who might benefit from what he’s learned. After securing a sponsor, Gee filmed at the home of a longtime Parkinson’s student, making it an extra meaningful experience. He shared this wonderful video with our community at the NQA conference. His work reminds us that there are so many possibilities for ways to touch the lives of people around the world with what we do.

Something to ponder:

What’s one thing you can do this week to feel more joy?

If you have something you’d like to share, please contact Dina at publications.chair@nqa.org.