



Official Newsletter of the National Qigong Association



My dear NQA family,

I've been reflecting on the theme for our upcoming conference in Denver, this September: honoring our roots. As some of you may know, our journey began in Colorado. I lived in and around Denver for about 15 years myself, and love it dearly.

Lately, I've been reflecting a lot on my own roots, and what it means to honor where we've come from, and the history of love, hard work, growth, hard times, breaking open, and learning that brought each of us to where we are now. Not just our own, but those who came before us: our ancestors, culture, our teachers, thinkers, heroes, and artists who impacted us, and all the people whose stories became the foundations we stand on. I think of how many kind, wise, and incredibly radiant people have come before me, and wonder how I might honor the love and teachings they poured into me for my own journey. How do I keep the spirit of their precious wisdom and radiance alive in what I do? It feels like a big undertaking; I can't imagine holding the kind of wisdom, knowledge, and radiance my Sifu embodies, and the skill he does it with. I often feel more like an excited little kid who's just happy to be included at the grownup table.

As I reflect on this, the idea of yuan qi popped up, with the idea of our inherent natures; our original selves before we were influenced by everything life brought to us. This, too, is part of our roots. So, how do we bring this all together?

Something that has felt nourishing to consider is that we don't need to become another version of anyone else. The world has already been blessed with them, and now, it's a time to bloom into who we are, and become living blessings in our own unique ways. Not through what we think we "should" be, but what already joyfully *is*. It's something that I've been asking for guidance with in my prayers and meditations, and the answer is unfolding quite differently than I expected.

I'm going to share something deeply personal: Last year, I became disabled. It was a big change, not just to my daily life and how I saw myself, but also to the vision that I had as a practitioner carrying this meaningful tradition of healing forward. It shook my confidence, my sense of self, and just about everything you can think of. Suddenly, I could no longer push through exhaustion, or rely on discipline alone to get through a task. I started wondering if there was still a place for me in this beautiful world of Qigong, or if this was evidence of some kind

Community Voices  
PAGE 2

Upcoming Events  
PAGE 3

Reuniting and Celebrating in  
Denver: Lorelei & Mai  
PAGE 4

Some Tips and Ideas For Your  
Denver Visit  
PAGE 7

The Bao Mai Channel and the  
Second Spring  
PAGE 10

NQA at the Science of Tai Chi  
and Qigong Conference  
PAGE 13

How NQA Celebrated World  
Tai Chi & Qigong Day  
PAGE 15

of failure. These big life changes can bring up a lot. Now, I feel this is an invitation to go deeper.

What I am discovering now is that it was a gift, and a still-blooming answer to my prayers for guidance. When all the things I was proud of and busy with are stripped away, what's left is my own nature. Instead of trying to be a less impressive copy of those I admire, I'm exploring how to become even more myself.

When I think of the heart of qigong, the first words that come to mind are *balance, radiance, and joy*. Since I am not currently working in a clinic and teaching classes, I get to look at this in a new way. For example, one thing I've always loved is singing. I used to perform professionally in my teens, but stopped as life got busier. I kept saying that someday, I'd love to do some professional recordings and create my own music, but there was always something else I deemed more important to do. Now, life has brought the gift of time and space to explore it. Can I bring that radiant joy and healing from qigong into my voice, be nourished from my love of it, and perhaps, even find a way to uplift people that way? Qigong is full of sound and vibration. I just got my first professional-grade microphone, and I'm excited to find out where this journey might go.

Instead of training hard like I used to, this is also an opportunity to explore which parts of qigong feel especially nourishing and joyful for me, and adapting them to work with my body, the way it is. It's feeling like an invitation to slow down, to feel more, and let go of the desire to perform well. To let go of trying to look or feel like anyone else, including my earlier self. It's a special time, with a whole new level of exploring how my roots, with their many blessings, are helping me to explore the root of who I am, and to bloom. Not into the image of what I thought I should be, but what I actually am, in my simple joy.

As you continue on your qigong journey, I wonder how this might apply to you too. What do you truly love about your roots, and what joys can it nourish in you right now? What parts of yourself can it bring you closer to, or help express? What would happen if you soften the "should" and give even more life to the things you've always loved? What kind of world might we help create, by moving within it, lit up with the joy of being who we are?

I'm excited to find out.



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## Community Voices

*Words of wisdom, shares, and musings from our Qigong family. If you have something you wish to share, email Dina at [publications.chair@nqa.org](mailto:publications.chair@nqa.org).*

Li Xia occurs this year on May 5 and is known as 'Summer Begins'. It is the seventh of the 24 Solar Terms which divide the year into 24 'terms' or seasonal markers.

Li Xia begins as the sun reaches the celestial longitude of 45°. Spring goes away and summer begins. Temperatures steadily rise, thunderstorms along with rapidly growing crops occur in this time. The forests become thick. This period is good for the heart as it shows its most vivid power and functionality. Keep pleasure and ease both mentally and physically. Remember that grief and rapture are harmful to health and wellbeing.

Content inspired by the teachings of [Mark R. Reinhart of Three Pure Rivers](#)

# UPCOMING EVENTS

DATE	MEMBER	EVENT
5/10/26	Marketa Foley	Summer Qigong (6-week course)
6/6/26	Dr. Ted Cibik	Medical Qigong Practitioners & Therapist Certification
6/19/26	Lorelei Chang	Turtle Qigong Retreat at Omega Institute
6/20/26	Frank Hanely	5 Day Breathing Challenge
6/20/26	Tai Chi for Health and Wellness	Summer Seasonal Qi Zoom * Free
6/25/26	NQA	Qi Pros with Spencer Gee (More Info Coming Soon)
9/8/26	NQA	2026 Annual Conference

*Professional members may submit upcoming events through the member portal for possible inclusion in future newsletters.*



# Reuniting and Celebrating in Denver: Lorelei & Mai

BY KAREN SUMARYONO

Lorelei Chang and Mai Nakanishi are twin sisters who live across the globe from each other. They were trained as dancers together from a young age at dance academies Beijing and Guangdong, China. They will be reunited for the NQA's thirtieth anniversary celebration in Denver (Sept. 8-10) performing a newly choreographed qigong calligraphy piece in honor of the roots of the NQA. It will be a moment to behold.

"Every time you practice qigong, you change your destiny," Lorelei's teacher was known to say. "It has changed my life," Lorelei says, and both sisters agree that having been born and grown up in China, they are honored to share their culture and the profound practices of qigong and tai chi with as many people as they can. These ancient practices have helped and saved so many; "it is our obligation and honor to teach others."

Lorelei and Mai have created an innovative artform combining qigong, dance, and calligraphy. Of their performance art, they explain that they wanted to find a way to use movement as medicine to connect with spirit, nature, and community. "It was something completely new and very special," Mai adds.

After perfecting their live calligraphy qigong dance performance, they were nervous about their first show in the United States in 2009. But when audiences loved it, it was celebrated as a great success, which gave the twins confidence to continue to share and teach others this beautiful art form. They have been embraced by audiences the world over and even performed at the 2018 Winter Olympics in Pyeongchang, South Korea. And now the NQA will be a part of it all.

"Every time is different," Mai says. She does the choreography either from her own inspiration using Kanji (Chinese characters used as words or ideas in Japanese writing) or around a particular idea that the

Movement is the bridge that connects our body, mind, heart, qi, and soul all together. It's an essential healing tool for enlightenment.

LORELEI CHANG



I've always believed that dance is not just dance. It's enlightenment. Enlightenment is normally understood as the moment of awakening to something that deeply touches the soul. For me, that's only one aspect of it.

LORELEI CHANG



host audience requests. In either case, the movements and Chinese characters featured in the performance are choreographed uniquely for each show.

"I'm really honored to be invited to perform with Lorelei together in the United States at the NQA Conference," Mai says with a broad smile.

In Denver, it will be our newest piece, our new choreography," Lorelei explains. "We use a fan with streams of fabric as the central element to express qi flow," She says. The fans give the effect of calligraphy brushes guiding qi through movements as if the dancers are writing, communicating a message. Their goal is to express the energy of their theme and the choreography springs from that intention and mingles with the qi field to create something completely original. Both sisters are visibly excited about this creative opportunity to perform together at the conference in September.

"I've always believed that dance is not just dance. It's enlightenment," Lorelei explains, "Enlightenment is normally understood as the moment of awakening to something that deeply touches the soul. For me, that's only one aspect of it."

For Lorelei, movement is medicine. "Movement is the bridge that connects our body, mind, heart, qi, and soul all together. It's an essential healing tool for enlightenment. Through practice we are one with the sky. Once you feel that kind of connection and you feel you are part of that through qigong practice, oftentimes you feel inspired and awoken through the movement."

Beginning in the early days of their performances, Dancenlight was created, Lorelei in South Windsor, CT, and Mai in Tokyo and groups learned and performed this embodied expression artform. Today Lorelei performs solo and concentrates her energy on teaching qigong, yoga, and dance, and providing Shiatsu healing. Mai is currently active as a choreographer, dancer, and calligrapher on stages in Japan and beyond. She teaches and prepares dancers for big dance festivals and competitions including Chinese traditional dance, Chinese folk dance, and ballroom dance.

Lorelei will also be presenting a workshop at the conference, "Basic Bagua Zhang Foundation," which is preliminary stationary internal training for Bagua Circle Walking. She studies with Qi Long Zhong, who was a disciple of the great Grandmaster Feng Zhi Chiang, and she has learned all eight walking forms from him.

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Both Mai and Lorelei were introduced to the movements of Bagua Walking from their early ballet teacher, and they loved the movements. In China, there is a long period of training for just the upper body before introducing the walking part. "All the essence is in the stationary practice," Lorelei emphasizes, which is what we will be cultivating together in Denver. We'll be honoring our roots in the workshop, which is the theme of the milestone anniversary NQA conference. Hope to see you there!



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# Some Tips and Ideas For Your Denver Visit

BY BRIAN COOK

The NQA National Conference is coming up, and it's in Denver! As a local, I'm excited to welcome you to this young, unique, and vibrant city; a gateway to the Rocky Mountains.

Denver is referred to as the "Mile High City." We truly sit at 5,280 feet, one mile. Bearing this in mind, here are some things you should know:

The air is thinner at this altitude. You'll notice right away that it's hard to catch your breath; consider taking your time walking, and breathe into your Lower Dan Tian. The sun seems brighter because of the thin air, so consider sunscreen. Not only is the air thinner, but it's also drier, so you may want to consider lotion and lip balm. The evenings are much cooler; even if it's warm during the day, you might want a sweater or hoodie on hand for the evening.

Consider this: if you do go to the higher elevations, the temperature drops about 5° F every 1,000 feet. I used to live in Central City at 8,500 feet. Let's say Denver, at 5,280 feet, is 80° F. Central City may have a high of 65°. Imagine going up to 14,000 feet. It's cold up there.

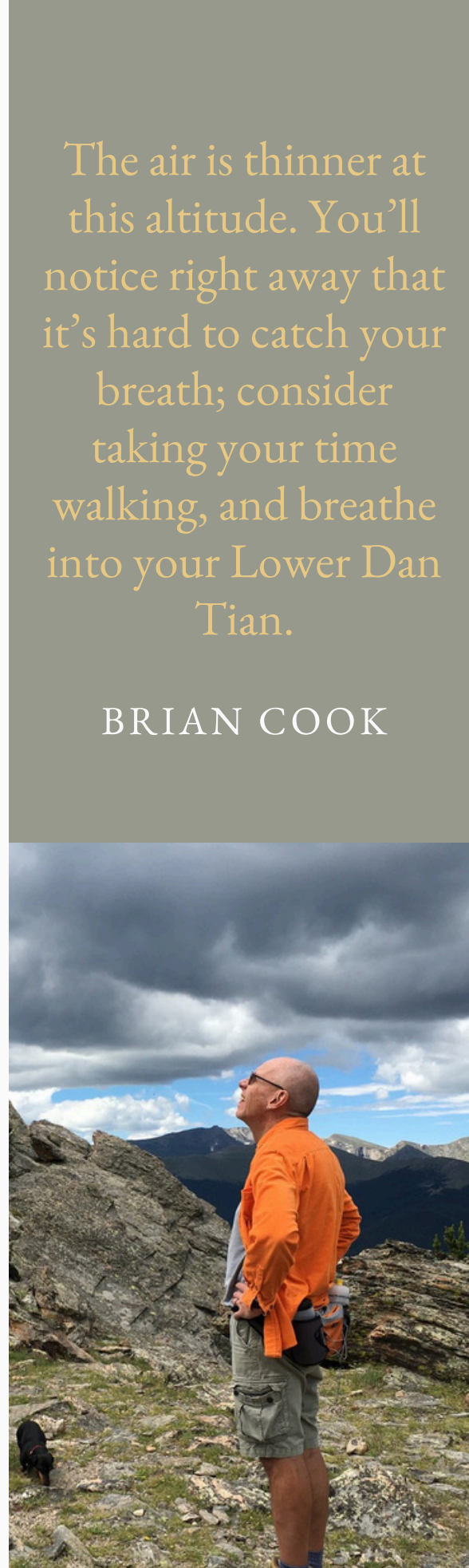
Denver boasts 300 days of sunshine yearly but with this caveat: July through September is monsoon season. That means potentially heavy rain in the afternoon. A typical September day? Beautiful blue skies in the morning. Around 1:00 p.m. clouds build. Heavy rain at 2:00. Sun comes back out around 5:00. (But don't hold me to this! The weather can be quite mercurial.) This is typical, but Denverites are also fond of saying "this weather we're having isn't typical."

Downtown Denver is very walkable. We have RiNo (River North), LoDo (Lower Downtown), LoHi (Lower Highlands), and the Highlands, to name a few. The Asterisk Event Center is in the Curtis Park neighborhood. But Curtis Park is a 20-minute walk from Asterisk. We love being outside here, so we have a lot of parks. Morning Qigong practices will take place in the lovely [Benedict Fountain Park](#) which is likely near your hotels and near Asterisk.

From Asterisk, it's an easy walk to the [Five Points](#) neighborhood, one of Denver's oldest and most diverse neighborhoods. It was once referred to as the "Harlem of the West" because of the jazz clubs that hosted such greats as Billie Holiday, Louis Armstrong, and Miles Davis. You'll find fun coffee houses, craft breweries, some fine Southern cooking, and Mexican restaurants, as well as

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BRIAN COOK



Brian would like to remind visitors that temperatures can change dramatically in Colorado's higher elevations. Even in the middle of August, a trip to the top of Mt. Blue Sky can mean bundling up in sweats and jackets against surprisingly freezing temperatures.



some amazing bagels at [Rosenberg's Bagels and Delicatessen](#). (Okay, I'll admit Rosenberg's is owned by a friend of mine. But it's really good.)

Let's go downtown. Downtown is crooked. Most of the metro area lies on a grid: east-west, north-south. Not downtown; it lies on an angle. This is more of an issue if you're driving. You may find yourself walking on say, 17th Street, until you've slightly changed your direction, now you're on 17th Avenue. It still confuses me.

If you came in from the airport on the train (which I recommend, more on that in a bit) you arrived at [Union Station](#), which is in [LoDo \(lower downtown\)](#). There are plenty of restaurants, breweries, galleries, and shops at the station and in the area. One area that I'm particularly fond of is [Larimer Square](#) with its restaurants, brew pubs, coffee shops, retail shops, and its history.

Before or after a nice dinner in Larimer Square, you can walk west, (head towards the mountains), to the Cherry Creek Trail. I failed to mention that from Denver you can see over 200 mountain peaks, 32 of which are above 13,000 feet. The paved Cherry Creek bicycle-pedestrian trail is below street level and follows the creek for miles.

From Union Station, you can jump on the "[Free Ride](#)" bus which runs up and down the newly revitalized 16th Street Promenade. The free ride ends near Civic Center Park and the State Capitol. The Art Museum is just south of Civic Center Park.

Asterisk is also within walking distance of the RiNo area, a.k.a. [River North Arts District](#), another vibrant neighborhood. It's a popular area for local visual artists.

If you're staying in an Airbnb, you may want grocery possibilities. Here are a few options:

- [Whole Foods](#) is just behind Union Station.
- [Safeway](#) in the Five Points neighborhood
- [Denver Central Market](#) in RiNo offers upscale food vendors and takeout meals.

Getting around: when you arrive at DIA, the airport, take the [A-line rail train](#) to Union Station. Tickets are \$10. The train runs during the day every 15 minutes. Mind you, we here in Denver say that the airport is practically in Nebraska, since it's far from downtown. Denver traffic can be a lot, so the train is a popular and easy to find option at the airport. When you arrive at Union Station, Uber and Lyft are both readily available. The pickup "ride-share" lane is on Wynkoop Street, right outside the main station entrance.

Please consider coming early or staying after the conference. While Denver is not in the mountains, the mountains are minutes away. Easy day trips can be taken to Red Rocks Amphitheater. While concerts happen nearly every night, you can go during the day and hike around this amazing nature-filled venue. There is a buffalo herd that lives right along I-70 just west of Denver.

Nearby are former mining towns such as Golden (practically a suburb of Denver, home of Coors Brewery). There is an absolutely beautiful paved bike-pedestrian trail that follows Clear Creek from Golden up into Clear Creek Canyon. You can also drive up to Idaho Springs for a soak at Indian Hot Springs, or my personal favorite, a drive over to Central City. I lived in Central City for 30 years and commuted, it's that close. You might want to stop by Eureka Street Popcorn in Central City; I was a co-founder and co-owner of the shop. Say "hi!" I recommend the "El Dorado" popcorn.



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# The Bao Mai Channel and the Second Spring

BY DR. ELIZA MEEKER, DCEM

*Note: Dr. Meeker has recently presented and demonstrated this material at Harvard with her colleagues for the Tai Chi & Qigong Conference at the beginning of May.*

My name is Eliza Meeker, and I am a Doctor of Chinese Energetic Medicine. (I also practice Seitai deep tissue bodywork, which is probably a form of Tuina, which I learned from a former Japanese yakuza, but that is a story perhaps for another time.) I came to this practice, actually, through a circuitous route, and these days I am passionate about working with the Bao Mai channel.

The Bao Mai channel is a channel that connects the uterus to the heart center. These days, along with other aspects of my practice, I love getting to work with women, assisting in the transition through perimenopause to menopause, and supporting them to live with even more comfort and zest into the Second Spring!

I think of the Second Spring in Chinese Medicine as the opportunity for a woman to flourish, be creative, and really enjoy the decades after menopause. Some of us age and keep trying to grind forward, being productive in the way we were at 25 and 35. I know about grinding and trying to “slay” at work, thinking I might flog myself forward to success and happiness. After working in Japan, I went to law school in the US and in France, passing the NY and Paris Bars. For a while, I did litigation in France. Accomplishing this was not easy; it took dogged determination and grit.

The journey of the Second Spring invites us to release patterns that no longer work for us in order to bring forth renewed energy and enjoyment of life. This does not mean letting go of being effective, but taking time to evaluate priorities as they arise in the present time, and creating our lives and systems that are both productive and in harmony with this stage of wisdom.

I came to work with the Bao Mai channel by accident. After college, and well before my Doctorate in Chinese Energetic Medicine, I taught English in Japan for ten years. During this time, I practiced martial arts with enthusiasm, often 5 or 6 evenings a week. I greatly benefitted from the teaching and advice of my senseis. In all the martial arts I tried, each teacher advised the class, and me specifically, to anchor my energy and focus in my tanden (Lower Dantien).

The next time I practiced martial arts during my cycle, I moved my energy along the Bao Mai channel to rest more gently in my heart center, and I never hemorrhaged again!

DR. ELIZA MEEKER



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DR. ELIZA MEEKER



Wanting to progress in kendo and iaido, I set out to focus my energy in my Lower Dantien. I noticed that my monthly periods, which had always been heavy, and about 9 days long, were not improved. During martial arts class, I just hemorrhaged. A lot. It turns out that I just kept bleeding, and not in relation to the amount of uterine lining yet to be shed. (Regular bleeding resumed after practice.) But who wants to take extensive time off of martial practice each month? I prepared lots of extra feminine hygiene products, and went to martial arts class. I could be seriously annoyed and stay home with cramps. Or I could be in class with cramps and hemorrhaging, but at least happy and with friends!

I started martial arts practice in Japan in 1994. I hemorrhaged every month during martial arts class until 2017, when I read a book called *Immortal Sisters*, translated by Thomas Cleary. Thomas Cleary is a recently deceased translator of extensive Buddhist, Daoist, Confucian, and Islamic texts from Ancient Chinese, ancient Japanese, Sanskrit and Arabic, into English. Amazing!

At the back of this book on *Immortal Sisters*, there is information that it may be a good idea for women to focus some of our energy sooner from the lower abdomen, raising it to the heart area. Apparently men benefit from focusing on the lower dantien longer than women benefit from such practice. Although the text seemed to be speaking more to meditation and spiritual practice, even on the first reading, I was convinced that I had overtaxed my lower dantien during martial arts practice.

The next time I practiced martial arts during my cycle, I moved my energy along the Bao Mai channel to rest more gently in my heart center, and I never hemorrhaged again! This made a big impression on me. To hemorrhage regularly between 1994 and 2017 was a long time, and I was so grateful to Thomas Cleary for translating wisdom from the past. I had fixed my problem by moving energy in my body, and I was convinced beyond any doubt that I wanted to study Chinese Energetic Medicine.

In 2017, I began studying Chinese Energetic Medicine with Pat Bardone, Doctor of Medical Qigong. Then in 2019, his teacher, Dr. Jerry Alan Johnson, came out of retirement, to teach a Doctoral program in Chinese Energetic Medicine. I did not hesitate to sign up!

During this program, we found out about a practice that Daoist nuns had used to put their monthly periods on pause. My cycle was showing no signs of slowing down; I was almost 50, and was so excited to give this a try! During our doctoral program, one of the wonderful teachings and gifts that Dr. Johnson shared was our Standard Daily Practice. This qigong practice helped us to release energetic, emotional, and physical tensions. The benefit was double: we got to clear out our own systems, not perfectly, but to the extent that we could then begin to understand what is going on energetically with other people.

From hemorrhaging for years without understanding why, to intentionally choosing my wellbeing and to bring about a pause to my cycle when I was ready at 50, wow! So empowering!

DR. ELIZA MEEKER



I began doing more research on putting my cycle on pause, and found some translations of accounts of the Daoist nun practice of "Beheading the Red Dragon." (My understanding is that the Red Dragon can be a metaphor for female life force energy.) Even though I was committed to trying to put my cycle on pause, I didn't want to do any more violence to myself, and always gave my body the image and intention of "befriending my red dragon" instead. I told her, thank you for accompanying me all these years, and for all that you have taught me. Now I will take care of you and cherish you... in my heart center!

I reverse engineered putting my cycle on pause through the images and information I got from papers by Valussi. I learned that I should welcome the Red Dragon along the Bao Mai channel and up to rest gently in the heart center. And the motor, or power to move through this process was the abundant energy generated from the Standard Daily Practice given to us by Dr. Johnson. Putting my cycle on pause was so empowering. From hemorrhaging for years without understanding why, to intentionally choosing my wellbeing and to bring about a pause to my cycle when I was ready at 50, wow! So empowering!

Now one of the focuses of my practice of Chinese Energetic Medicine, assisting women in their transition through perimenopause into menopause. (There are three case studies on my website relating to assisting women with reproductive/menopausal issues.) In one such case study, I assisted a woman with uterine prolapse, and helped to resolve issues with incontinence. (Two treatments.) In another case study, I worked with two women who had hot flashes, as well as tingling and numbness in the arms. After three months of their practicing daily qigong, and one treatment, 80%-90% of their symptoms were resolved. In a future article, I would like to share the three qigong practices I taught these two women.

*To learn more about her work, take a look at her sites, [TwoBranchesQigong.com](http://TwoBranchesQigong.com) and [CaliforniaQigong.com](http://CaliforniaQigong.com)*

*[Link to Eliza's PowerPoint](#)*



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# NQA at the Science of Tai Chi and Qigong Conference

BY CLAYTON CROSLY

The National Qigong Association was proudly represented at the recent Science of Qigong and Tai Chi Conference held at the Osher Center for Integrative Medicine at Harvard Medical School. The conference brought together respected practitioners, researchers, educators, and advocates from across the Tai Chi and Qigong communities to share knowledge, research, and personal experiences highlighting the growing impact of these healing arts.

Among those honored during the conference were NQA members, Dr. CJ Rhoads and Violet Li, who were recognized as ambassadors to the conference for their outstanding contributions to the fields of Tai Chi and Qigong. Their dedication and leadership continue to inspire practitioners and researchers alike. Dr. CJ Rhoads contributed to several research posters presented during the conference, while Violet Li participated in a collaborative poster presentation with Dr. Rhoads and also demonstrated her form at the opening of the conference's second day.

The NQA was also represented by a strong group of members in attendance, including Christine Bhe, Meghan Bryant, Bronwen O'Grill, Teresa Woodlock, Tom Rogers, Geroge Picard, Dr. Tony Gryffin, Dr. Joe Baumgarten, and Siobahn Hutchinson, whose ongoing work continues to support the advancement of education and research within the organization.

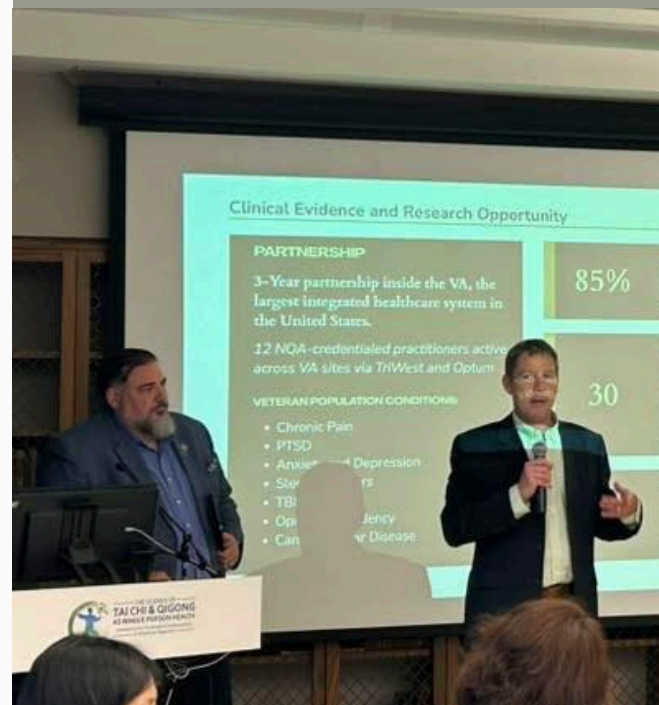
One of the conference's most inspiring moments came from Larry Parker, who shared his personal journey with attendees. As a professional member of the NQA who is blind, Larry offered a moving perspective on resilience, healing, and the transformative power of Tai Chi and Qigong. His story deeply resonated with the audience and served as a reminder of the profound ways these practices can impact lives.

Cari Shurman's participation was an experiential session that highlighted her longstanding work with Tai Chi for Kids. Her presentation showcased the importance of introducing mindful movement and wellness practices to younger generations and demonstrated the adaptability of Tai Chi across diverse populations.

In the area of academic research, Dr. Cloe Couturier, Jessica Lewis, and Jingshan Tang participated in a

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CLAYTON CROSLY





poster session featuring research they have been compiling. Their contributions reflected the growing body of evidence supporting the health and wellness benefits of Tai Chi and Qigong practices.

Following the main conference, Diego Sanmiquel and Clayton Crosley received a special invitation to participate in a third day of meetings reserved for invited professionals and leaders involved in academic research. This opportunity allowed the NQA to further strengthen relationships with like minded organizations while expanding awareness of the association's mission and initiatives.

The continued presence of the NQA at conferences such as these plays an important role in building meaningful partnerships, advancing research, and increasing public awareness of Tai Chi and Qigong. Through collaboration, education, and shared experience, the organization continues to help shape the future of integrative health and wellness.



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# How NQA Celebrated World Tai Chi & Qigong Day

BY SIOBHAN HUTCHINSON

From a Kansas City gathering to a global wave of practice, the NQA was thrilled this year to help bring the celebration online for 12 hours of teaching, research, and community.

World Tai Chi and Qigong Day (WTCQD) began 27 years ago as a local event in Kansas City, created by Bill and Angela Wong-Douglas. What started as a heartfelt community gathering has grown into a worldwide celebration with a beautifully simple purpose: to introduce more people to these mindfulness practices while supporting the teachers and practitioners who share them. Throughout it all, Bill and Angela have protected the spirit of WTCQD by offering it as a gift to the community and never profiting from the event.

Over the years, Bill has helped keep the celebration connected by posting videos of local WTCQD events and maintaining local event listings on [www.worldtaichiday.org](http://www.worldtaichiday.org). His international e-newsletter continues to spotlight participating events and featured teachers. This is one more way WTCQD reminds us that this day is about coming together, supporting one another, and giving back. The famous motto of the day: One World, One Breath.

This year, NQA Research & Education Chair Siobhan Hutchinson was invited by one of her teachers, George Picard of Canada, to help carry that mission forward. With the blessing of Bill and Angela, Siobhan and George created, produced, and hosted a 12-hour WTCQD online event that truly felt like a global gathering. The program brought together teachers and researchers from around the world, blending live presentations with recorded segments and heartfelt testimonials from students of all ages. Throughout the day, videos submitted from across the globe showcased a wonderful variety of styles and forms.

NQA President Clayton Crosley joined live to share the many benefits of NQA membership, preview our upcoming conference in Denver, and talk about his work with veterans. We're also grateful to the NQA members who generously donated their time to present on their research and community projects. Tom Rogers of the Qigong Institute ([www.qigonginstitute.org](http://www.qigonginstitute.org)) highlighted the site's research-article collection, which is a terrific resource for teachers and practitioners. Dr. Anita Vestal and Jessica Lewis spoke about the benefits of T'ai Chi

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SIOBHAN HUTCHINSON





Chih® as attendees watched a video of the form in practice. Dr. CJ Rhoads discussed her study with university students, comparing those who practiced a T'ai Chi form before a test with those who did not, and she was joined by Marilyn Cooper to discuss their work bringing these practices to children.

Related research by their broader group was also featured at the recently attended Osher Conference. Dr. Joe Baumgarden provided a clinical background for these practices with specific health challenges. Sharron Rose shared portions of her multi-award-winning film, *Quantum Qi*. It's an outstanding visual experience: a history-making documentary and deeply transcendent, grounded in T'ai Chi and Qigong practice. Violet Li hoped to join live as well, but was traveling in the Sahara Desert at the time.

In addition, researchers from UCLA and other institutions joined us. A variety of teachers across the globe demonstrated their forms, either live or in a video. With so many inspiring presenters and conversations, it's impossible to capture all 12 hours in a single recap; but what a joy to be part of it!

The full program is currently being processed and will be released on YouTube in sections, so keep an eye out, and feel free to share the videos with friends, students, and fellow practitioners as they become available.

Thank you to everyone who participated, presented, and helped make this year's celebration so meaningful. We're proud to be part of this worldwide community. See you next World Tai Chi & Qigong Day!



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