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EVENTS CHAIR WELCOME

Every journey has a beginning, and for the National Qigong Association, that beginning is deeply connected to Colorado. As we celebrate our 30th anniversary, it feels only fitting that we return to the state where our organization first began.

As we began planning this year's conference, we found ourselves reflecting on those early days. Thirty years have passed since the NQA was officially established, but the seeds had already been planted through a vision of community, inclusivity, and a belief that the many styles and traditions of Qigong are stronger together than apart. That spirit of unity through diversity continues to guide the NQA today. From those reflections, this year's theme naturally emerged: Honoring Our Roots.

Penjing, the Chinese art that inspired Japanese bonsai, felt like the perfect symbol for the NQA because our organization has been cultivated in much the same way. Over the past thirty years, countless people have cared for this tree. Our founders planted it. Volunteers watered it. Leaders carefully pruned and guided its growth. Members nourished it. No single person built what we see today. It has become what it is because each person who came along chose to leave it a little stronger than they found it.

As we celebrate our 30th anniversary, this conference is an opportunity not only to honor those who laid the foundation before us, but also to recognize that each of us has an opportunity to help shape what comes next. As you attend classes, reconnect with old friends, make new ones, and share your own experiences, you become part of the NQA's continuing story. We hope you leave this conference feeling inspired, connected, and rooted in a community that continues to grow together.



Lauren Thomas
NQA Events Chair
NQA Executive Administrator

NQA CHAIR WELCOME

Thirty years ago, a small group of practitioners came together with a shared belief: that Qigong deserved a home in the West, a community, and a standard of excellence. That belief became the National Qigong Association, created to promote the principles and practices of Qigong in the United States.

Three decades later, we gather again, not just to mark an anniversary, but to recommit to that founding purpose. We've grown through the work of countless teachers, students, and volunteers who gave their time and expertise to build something larger than any one school or lineage.

This year also marks a new chapter. We are strengthening our governance, advancing certification standards, and building clearer pathways for schools and practitioners to be recognized for the quality of their work. None of this happens without this community.

Thank you for being part of the NQA's past, and for helping shape what comes next. I'm honored to welcome you to this milestone conference.



Diego Sanmiquel
NQA Chair

REGISTRATION

12:00 pm - 1:00 pm

Pick up your name badge and conference materials, explore the venue, and get settled before the conference begins. During this time, attendees are also welcome to join Conference Committee member Rhett Farber for an Infinity Corner session featuring fun activities to help participants get to know one another.

MEET OUR EMCEE



Rose Wippich

NQA Board Director, Qigong instructor, author, and podcaster Rose Wippich will serve as the emcee for this year's conference. Throughout the event, she'll welcome presenters, guide transitions between sessions, share important announcements, and help keep the conference running smoothly. Her warm, engaging presence and love of community make her a wonderful guide for our time together.

WELCOME ADDRESS



Diego Sanmiquel

1:00 pm - 1:10 pm

Please join us as NQA Chair Diego Sanmiquel officially welcomes attendees to the 2026 Annual Conference. A Daoist Abbot and Doctor of Medical Qigong, Diego has spent more than three decades exploring, refining, and teaching energetic and spiritual practices. His opening remarks will welcome attendees and invite us into the next few days of learning, connection, and shared practice.

OPENING PERFORMANCE



Lorelei Chang and Mai Nakanishi

1:10 pm - 1:30 pm

Twin sisters Lorelei Chang and Mai Nakanishi reunite for a special performance created especially for the NQA's 30th anniversary conference. Trained together in China from a young age, they have developed an innovative art form that combines Qigong and dance. Accompanied by live guitar from Mark Reinhart, their newly choreographed performance offers a beautiful and inspiring beginning to our time together.

CONFERENCE COMMENCEMENT



Dr. Roger Jahnke

1:30 pm - 1:55 pm

One of the NQA's founders, Roger Jahnke, offers the Conference Commencement, sharing wisdom and inspiration as we begin three days of learning, practice, and community. Having dedicated his professional life to sharing the healing traditions of China, Roger will offer reflections to help guide us into the conference experience.

PRESENTATIONS



Ken Cohen - Keynote

The Way of Qigong: Ancient Roots, Modern Branches

2:00 pm - 3:30 pm

Learn how Qigong, with origins in ancient Chinese shamanism and Taoism, has evolved into a modern form of health care. Ken Cohen will discuss these ancient cultural roots as well as the evidence for the healing benefits of Qigong and how and why it works! You will learn about unique brain waves, bioelectric fields, and biochemical changes that accompany Qigong practice and how this information is revolutionizing our understanding of the human body and mind. Yet, we must also ask the question, "Does what we are measuring actually account for the level of healing effect?" Perhaps Qigong evokes transpersonal forces that are beyond the scale of our instrumentation, the realm of mystics rather than scientists.

BREAK

3:30 pm - 3:45 pm



Lorelei Chang

Basic Bagua Zhang Foundation

3:45 pm - 5:00 pm

This presentation offers a return to the living roots of internal practice through the art of Bagua Zhang. Like a great tree remembering the depth of its origins while continuing to reach outward, Bagua invites us to reconnect with the foundations that nourish our path. Rooted in Daoist philosophy and the ever-turning interplay of Yin and Yang, Bagua Zhang teaches us how to move with life's continuous transformations. In this presentation, we will cultivate the essential skills of circle walking via stationary basic foundational practice, as well as structural alignment and whole-body integration.

BREAK

5:00 pm - 5:15 pm



Vicki Dello Joio

Days of Deepening: Returning to our Roots for Stability, Harvest, and Renewal
5:15 pm - 6:30 pm

Autumn is a season of harvest, release, and consolidation, inviting us to draw inward, gather resources, and return to our foundation. Associated with the Metal element and the Lung and Large Intestine systems, Autumn guides us to refine, clarify, and reconnect with what is essential, the “gold” of who we are. In this experiential workshop, we will explore Qigong practices rooted in the Metal element to support emotional processing, inner stability, and renewed strength. Through intentional movement, breath, and embodied awareness, participants will be invited to settle scattered or overwhelming emotions, return to a grounded and steady inner stability, soften and release stress or grief, and connect with what is essential and true.

BREAK

6:30 pm - 6:40 pm

EVENING PERFORMANCE



Ascent Lion Dance

6:40 pm - 7:00 pm

Ascent Lion Dance brings the energy and tradition of lion dance to the NQA Annual Conference with a 20-minute performance featuring live drums, cymbals, and gong. The performance will showcase the movement, artistry, and traditional symbolism of lion dance, celebrating good fortune and prosperity. Following the performance, attendees are invited to take photos with the lions.



Conference Social

7:00 pm - 8:00 pm

Join us on the rooftop for our Conference Social, a chance to relax, connect, and enjoy time together after the first day of presentations. Spice of Life will provide a selection of appetizers, including vegetable potstickers, fresh fruit skewers, Thai chicken skewers, coconut fried shrimp, Gobi Pakora cauliflower fritters, and mini spring rolls. Vegetarian, vegan, and gluten-free options will be available.

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Silvia Mioc, PhD, MBA
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Destiny & Luck
Analysis



Timing of
Actions



Decision
Making



Feng
Shui



Better Health
with Qigong



**Madeline Marchell**

Breathing with Trees: The Health Benefits of TreeGong

Benedict Fountain Park | 401 E 20th Ave

7:00 am - 8:00 am

Begin the day outdoors with a Qigong practice among the trees. Participants will explore the health benefits of breathing and practicing with trees, including how different species may support the organs and help promote grounding, calm, and connection with nature. This experiential session will include breathing techniques, Qigong movement, and an introduction to the medicinal qualities of trees.

MORNING ANNOUNCEMENTS

8:45 am - 9:00 am

**Dr. Peter Wayne - Keynote**

From Lao Tzu to Harvard Medical School

9:00 am - 10:30 am

Drawing on 25 years of Tai Chi and Qigong research, Peter Wayne explores what science has taught us about these ancient practices and their relevance to health and well-being. He will reflect on key lessons from decades of research, the evolving relationship between traditional wisdom and modern medicine, and the questions and priorities that may shape the future of Tai Chi and Qigong research.

BREAK

10:30 am - 10:45 am

**Francesco Garri Garripoli**

Radical Qi: Moves and Methods to Enhance the Qi Effect

10:45 am - 12:00 pm

"Radical" comes from the Latin word "radix," meaning "root." Activating the root of Qi, the actual essence of life force energy, is the intention the ancients carried as they practiced and explored Qigong over the millennia. Francesco's presentation will be a gentle flow of ideas, movements, and breathwork designed to support your ability to activate Qi. You will experience a variety of Qigong forms from his Organ Cleansing (Zang Fu Gong), Wuji Hundun, and other unique styles, all offered for their ability to activate Qi at the cellular level within us, what he refers to as "the Qi Effect."

LUNCH

12:00 pm - 1:30 pm



Richard Leirer

San Bao and the Five Transformations: Returning to the Basics of our Practice
1:30 pm - 2:45 pm

Nestled within our Qigong practice are key elements that need to manifest to achieve success and gain harmony with Nature. The Three Treasures and the Five Transformations are fundamental elements that must be cultivated. In this presentation, we will take a deeper dive into Jing 精 (Essence), Qi 氣 (Life Force), and Shen 神 (Spirit), and explore the Five Transformations that describe the path from essence to energy, spirit, emptiness, and ultimately the Tao. Come learn and explore methods for activating these foundational principles within your Qigong practice.

BREAK

2:45 pm - 3:00 pm



Clayton Crosley, Bill Douglas & Dr. Peter Wayne

Future of Qigong Panel
3:00 pm - 4:15 pm

As Qigong continues to gain recognition and reach new communities, important questions remain about how the practice can grow while building a strong foundation for the future. Moderated by Vicki Dello Joio, this panel brings together leaders working in three areas with significant potential for Qigong's continued growth. Dr. Peter Wayne will share perspectives from medical research, Bill Douglas will explore opportunities in education, and Clayton Crosley will discuss Qigong's growing role within the VA and opportunities to expand access for veterans. Together, they will explore where Qigong is headed and some of the most promising opportunities for expanding its reach and impact.

BREAK

4:15 pm - 4:30 pm



Steven Washington

Healing at the Root: Qigong for Emotional Release, Nervous System Repair & Long-Term Recovery
4:30 pm - 5:45pm

Many people live disconnected from their bodies, especially those navigating chronic stress, trauma, or addiction. When emotions are suppressed, Qi stagnates, and the body shifts into survival mode. Qigong offers a compassionate and accessible way to restore movement, presence, and flow. In this experiential session, we will explore how mindful breath, grounding, and gentle movement support emotional release and regulate the nervous system. Participants will be guided through practices that reconnect with the "root energy" that nourishes clarity, balance, and long-term healing, while exploring how Qigong can interrupt patterns of overwhelm and open a path toward sustainable recovery.

MEET
AND GET YOUR SIGNED COPY!
the author



ALBERT AVEDISSIAN

Albert grew up in Los Angeles, California and graduated from Hoover High School in 1984. He completed his education at Associated Technical Trade School in 1985 and later attended Glendale Community College, earning a degree in Real Estate Studies in 2008. Albert pursued his passion for art at Madera Community College from 2016-2019. A licensed contractor since 1999, he volunteered for an international NGO from 2014-2024. Residing in Central Valley, California, he enjoys martial arts, drawing, painting, meditation, traveling and exploring new restaurants. Albert has been happily married since 2023.

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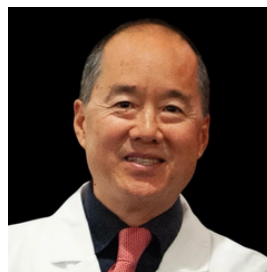
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Sheri Nicholson

Walking in the Clouds
Asterisk Rooftop
7:00 am - 8:00 am

Begin your morning with Sheri Nicholson leading a gentle Qigong practice. This flowing sequence, combined with the peaceful Walking in the Clouds meditation, draws you outward to nature and inward to mindful movement and relaxed breathing. The practice encourages smooth energy flow and connection with nature's healing power while supporting balance and wellbeing. Set a positive intention and welcome the day through movement, breath, and community.

MORNING ANNOUNCEMENTS

8:45 am - 9:00 am



Marisa Cranfill - Keynote

Qigong Flow: The Six Phases of Energy Transformation
9:00 am - 10:30 am

How does Qigong transform your energy, and why does it work so quickly? The answer starts with understanding that Qi doesn't move randomly. Instead, it follows the natural process the Daoists called 调 tiáo, energetic regulation. In this keynote, Marisa will introduce the Six Phases of Qi Flow, a sequence of transformation rooted in Daoist teachings, Qigong lineages, and the cycles of nature. Participants will experience how Qi attunes, purifies, strengthens, grows, refines, and integrates, and how these phases can shift your internal state in minutes. Whether you are new to Qigong or an experienced practitioner, understanding the Six Phases will elevate your practice and deepen your insight into how Qi truly transforms.

BREAK

10:30 am - 10:45 am



David Silver

Qigong Fundamentals
10:45 am - 12:00 pm

David Silver presents Qigong fundamentals as taught by YMAA, using a brief but comprehensive series of exercises to develop and maximize Qigong grand circulation. Participants will feel their Qi, energize the five gates, and awaken and enliven whole-body Qi. Honoring the saying, "The advanced training IS the basic training," this session returns to time-tested fundamental practices for better health, vitality, and longevity, ending in a state of vivid presence in the present moment.

LUNCH

12:00 pm - 1:30 pm



Dr. Carol Penn

Deep Roots, Living Practice: Honoring Qigong Lineage Through Education and Community Partnership

1:30 pm - 2:45 pm

Dr. Carol Penn explores how ancient Qigong principles can be honored, preserved, and expanded through modern medical education and community-based practice. Drawing from the integration of Qigong into osteopathic medical training and an intergenerational partnership with St. John's United Assisted Living Community, she will share how Qigong can bridge traditional practice and Western healthcare while maintaining fidelity to its philosophical and energetic roots. Participants will experience selected movements, breath practices, and reflections that honor Qigong as a living tradition rooted in relationship, respect, and service.

BREAK

2:45 pm - 3:00 pm



Roger Jahnke, Damaris Jarboux & Richard Leirer

Founders Panel

3:00 pm - 4:00 pm

Join NQA founders Roger Jahnke, Damaris Jarboux, and Richard Leirer for a special conversation honoring the roots of the National Qigong Association. Moderated by Vicki Dello Joio and opening with a video message from founder James MacRitchie, the panel will reflect on the origins of the NQA, the vision and intentions that shaped its founding, and how that original spirit can continue to guide the organization into the future.

BREAK

4:00 pm - 4:15 pm



Jingshan Tang

How Wild Goose Qigong Nourishes the Five Souls: Po (魄), Shen (神), Hun (魂), Yi (意), and Zhi (志)

4:15 pm - 5:30 pm

Wild Goose Qigong (Dayan Qigong) is a classical Daoist cultivation practice tracing its origins to the Kunlun School of Daoism in China approximately 1,700 years ago. Rooted in Daoist philosophy, the practice emphasizes harmony with nature, the balance of Yin and Yang, and the free circulation of Qi. Inspired by the natural movements of the wild goose, it combines gentle, flowing sequences with mindful awareness. This presentation explores the historical roots and philosophical foundations of Wild Goose Qigong and its continuing relevance for health, vitality, and whole-person cultivation.

CLOSING REMARKS

5:30 pm - 5:50 pm



Damaris Jarboux

NQA founder Damaris Jarboux offers the closing remarks for our 30th anniversary conference, bringing our time together to a meaningful close as we conclude three days of Qigong, learning, and community.

Special Thanks to Our Events Committee

The NQA extends its sincere appreciation to the members of the Events Committee for the time, care, and dedication they have given to bringing this year's Annual Conference to life.

Brian Cook • Clayton Crosley • Rhett Farber • Frank Hanley • Paras Kaul • Lauren Thomas

Thank you for your commitment to creating a meaningful and memorable 30th anniversary conference for our community.

CONFERENCE APPAREL



If you'd like to purchase an official NQA Annual Conference t-shirt, polo, or long-sleeve shirt, you can place your order here:

<https://nccharity.myshopify.com/collections/national-qigong-association>

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For More Information Email Joseph.brady@du.edu



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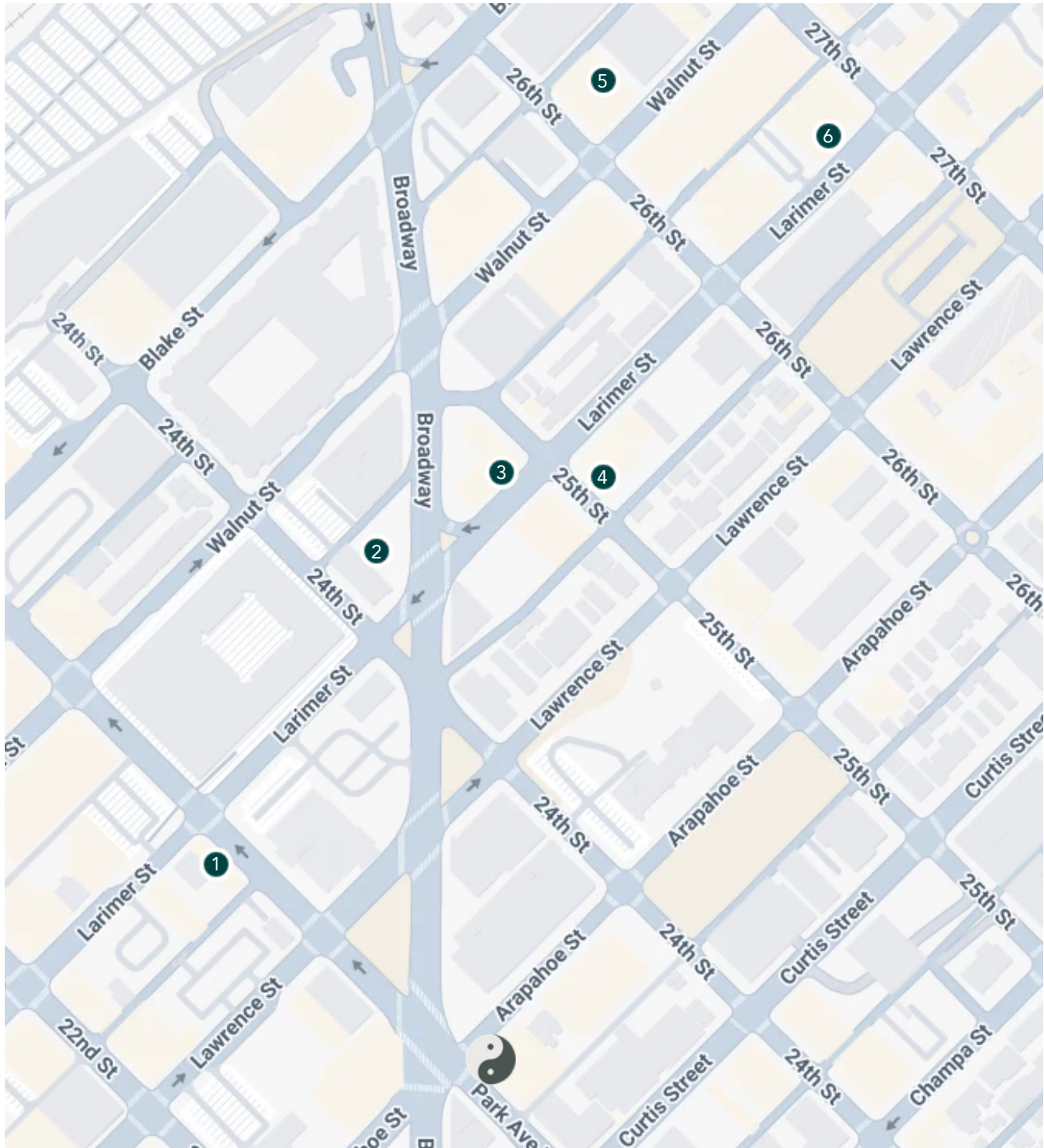


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DINING NEAR THE VENUE

We recommend walking north on Broadway to Larimer Street, where you'll find many restaurants and dining options beyond those listed on the map.



1. Snooze, an AM Eatery (4.7 stars) \$20-\$30
2. Snarf's Sandwiches (4.4 stars) \$10-\$20
3. Los Chingones RiNo (4.3 stars) \$20-\$30

4. Cart-Driver RiNo (4.7 stars) \$20-\$30
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6. The Denver Central Market (4.7 stars)
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