

QUARTERLY NEWSLETTER • NOVEMBER 2026

NQA

Official Newsletter of the National Qigong Association

My dear NQA family,

As autumn deepens and we enter the last few months of the Fire Horse year, I've been thinking about how much a single year can hold. The people we've connected with, the things we've learned, the changes we welcomed, and the ones we might have needed a little more time to feel ready for. Sometimes we're so busy moving through our lives that we don't quite notice how much has changed until something invites us to pause.

Autumn has a beautiful way of offering that invitation.

In Chinese medicine, autumn is associated with the metal element, the lungs, and grief. There's something especially transformative about a season that can be so radiant while also reminding us of change and loss. I find myself thinking about how often these things live alongside one another in our own lives. We can feel grateful for what is unfolding and still miss what was. We can be excited about a new beginning and need time to grieve the life we thought we would be living.

In this issue, Lauren Thomas shares a beautiful conversation with Vicki Dello Joio about making space for grief. Something that especially touched me was the room their conversation gives to both sorrow and joy, and to the love that connects them. There is such a meaningful grace in allowing ourselves to feel what is here, without needing to hurry it into the breakthrough, the lesson, the silver lining, something easier.

I've been reflecting on what it means to bring that same kindness into our practice. Can we arrive exactly as we are today? Can we let a breath, a movement, or a quiet moment be meaningful without asking it to change everything? There is something sacred in simply giving ourselves permission to be present with something we haven't quite known how to hold.

And sometimes, it helps to have people beside us.

This autumn also brought our NQA community together in Denver to celebrate thirty years of shared practice, learning, and connection. In our last newsletter, I wrote about the small moments that make a gathering meaningful: a conversation, a shared laugh, the feeling of meeting someone who understands something important to you. Reading Karen Sumaryono's reflections on the conference, I was

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touched to see community and connection named among the things participants carried home.

Thirty years. So many people choosing to share what they love, and so many lives touched along the way. I wonder how many of those people could have imagined, at the beginning, what their contributions would grow into.

It makes me curious about what we're nurturing now.

At the beginning of this Fire Horse year, I invited you to consider what you wanted to breathe life into through your words, thoughts, and actions. As we move through these final months, I find myself returning to that invitation with curiosity. What has come to life for you? What has surprised you? What has burned away? Has something you thought you wanted made room for something that feels more true?

I like to imagine bringing the fire of inspiration into autumn's invitation to slow down and listen. Giving what matters to us enough warmth and attention to keep growing, while allowing ourselves time to feel what this year has meant. There may still be something we're excited to begin. There may also be something precious asking to be appreciated right where it is.

As you read this issue, I hope you find something that meets you where you are. Perhaps an invitation to be gentler with yourself in your practice, a reminder of the community around you, or a few words that help you feel more connection.

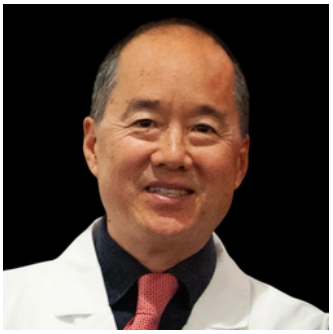
Thank you for the many ways you bring this living tradition into the world, including the quiet ones that few people ever see. I hope you give yourself a moment to receive some of the care and encouragement you so generously offer others.

May these coming months bring you room to breathe, warmth in your connections, and little moments of joy that find you even in the midst of change.

With love and gratitude,



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UPCOMING EVENTS

DATE	MEMBER	EVENT
11/9/26	Marketa Foley	Taiji Moving Set (4-week class series)
11/14/26	Jenny Dunn	Tai Chi Ten Essential Principles Workshop
11/14/26	Damaris Jarboux	The Three Tan Tien
11/20/26	Frank Hanley	5 Day Breathing Challenge
12/4/26	Rachel Lee	Qigong Healing Program, Year 1
12/5/26	Diego Sanmiquel	First Annual West Coast Daoist Conference
12/5/26	Rachel Lee	Qigong Immersion
12/6/26	Martha Blane	7 Days of Breathing
1/20/27	Leonard Shen	Master's in Energetic Medicine Degree Certification Training
2/23/27	Sophie Zambrano	Qigong & Nature Connection Retreat in Dominica
2/27/27	Rachel Lee	Clearing Low Frequency Energy
10/19/28	Solala Towler	Qigong and Cha Dao Tour to Taiwan

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

Making Space for Grief: A Conversation with Vicki Dello Joio

BY LAUREN THOMAS

In Chinese Medicine, autumn is associated with the lungs and the emotion of grief. With the season upon us, I wanted to explore grief and how our Qigong practice can support us through it.

I reached out to Vicki Dello Joio, our Qi Talks host, who has a gift for thoughtful conversation. She has also spoken about grief from personal experience. A video she made about her mother's passing has stayed with me for years, and we'll feature it later in this article.

Lauren: I've been thinking about loss and how common it is in our lives. We often associate grief with losing someone significant to us, but it can also arise when relationships, familiar roles, or our understanding of the world change. We can grieve the way things used to be, too. So, my first question is, what does grief mean to you?

Vicki: To me, grief is our response to losing someone or something that has mattered deeply to us. It can be a beloved person, a relationship, a familiar role, or a way of life. Sometimes we grieve parts of ourselves, or a future we imagined we would have. There is an absence where there used to be a presence, and we feel it.

One thing I've come to understand is how close grief and joy can live together. I've experienced the deaths of several beloved friends, old and young, from cancer, AIDS, and other causes. In mourning them, I've found myself sobbing one moment and laughing the next at a memory, feeling the ache of their physical absence while celebrating their lives and the gifts they brought into mine.

In those moments, I feel that remembered joy is at the source of my sorrow. I miss them because knowing them meant so much to me. The laughter doesn't diminish the grief, and the grief doesn't erase the joy.

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VICKI DELLO JOIO



I think grief can strip us down to our essence. So much of what ordinarily occupies our attention falls away, and we come face to face with what matters most. I think of the autumn tree losing its leaves, revealing bare branches.

VICKI DELLO JOIO



Lauren: You mentioned how close grief and joy can live together. How does that connection fit into what you teach through the Way of Joy?

Vicki: I believe that Joy contains all of our emotions, including grief. We can feel profound sorrow and still be connected to the love and gratitude underneath it. Sometimes that gratitude is accessible right away; sometimes the pain needs its own space before we can feel anything else.

Lauren: I like the idea of giving pain its own space. It's natural to want to avoid the pain of losing someone or something we love. But I think sitting with that pain and allowing ourselves to feel whatever emotions come to the surface is part of the healing process.

Vicki: I think grief can strip us down to our essence. So much of what ordinarily occupies our attention falls away, and we come face to face with what matters most. I think of the autumn tree losing its leaves, revealing bare branches. That bareness can feel very vulnerable.

For me, the invitation is to allow myself to feel what is there, to give sorrow room to move, to breathe, to cry, and sometimes even to laugh. That doesn't mean letting go of the love or forgetting what we've lost. It means gradually finding a way to carry that love as our lives continue to change.

I don't experience that as a neat or orderly process. Grief returns. A memory, a song, or a change of season can bring it close again. I experienced that just this morning while driving down a street where a dear friend used to walk his dog. I could see his silhouette in my mind's eye and, for a moment, grieved his absence again.

I believe there can be an alchemy in allowing grief: we become clearer about what is precious, what we want to honor, and how we want to live.

Lauren: In that vulnerable state we may even feel emotions we didn't know were there. We might feel anger or resentment toward the person who passed, or fear about how we'll manage without them. Grief is complex, and the emotions that come with it can vary depending on the relationship and the circumstances. It can be a lot to hold. How can our Qigong practice help us, especially when grief feels overwhelming?

Vicki: When I practice Qigong, whether I'm focusing specifically on Lung forms or not, it brings me back to center. For me, I think of this as connecting with what I call the three realms of

consciousness: Heaven, Human, and Earth.

The Heaven realm connects me with inspiration and perspective, with the divine, my guidance, or my higher self. In grief, that can include the memories I treasure of someone or something I can no longer experience in the same way. Practice helps me make space for those memories and remember that my life holds more than this moment of loss.

The Human realm brings me into my heart: the love, gratitude, and appreciation for having had the relationship or experience I am mourning. It also means embracing my humanity in this moment, including the sorrow. I can acknowledge both how much it hurts and how much it has meant to me.

The Earth realm is about grounding and nourishment. Feeling the life force beneath my feet reminds me that I am held. I think of allowing the suffering that accompanies loss to compost, to become, over time, something that can nourish me. That is a gradual process, and I don't need to hurry it.

When grief feels overwhelming, these connections give me somewhere to return. I may begin simply by feeling the ground beneath my feet or allowing a movement to bring my attention back into my body. I don't have to understand everything I'm feeling.

For me, Qigong helps sustain an authentic relationship with whatever I am experiencing. It gives me room to grieve while staying connected to guidance, to my heart, and to the nourishment that supports me.

Lauren: Besides Qigong, what other ways have you found to express your grief or find comfort in it?

Vicki: Over the years, I've found that giving an outer expression to what is happening inside helps me feel my emotions without clutching them so tightly. I want to allow the pain its space, to be fully present with it, while also allowing it to move and change, like the flow of water.

That expression might take the form of painting or drawing, or dancing it out. Most often, for me, it becomes a storytelling piece. As an artist, creating is part of what keeps me sane. It gives me somewhere to bring feelings that can otherwise seem overwhelming, and a way to discover what they have to tell me.

Lauren: Could you share an example of your creative work?

As an artist, creating is part of what keeps me sane. It gives me somewhere to bring feelings that can otherwise seem overwhelming, and a way to discover what they have to tell me.

VICKI DELLO JOIO



Often, the most meaningful support we can offer is simply our presence: being willing to listen and feel alongside someone without rushing to give advice or offer counsel or tell our own story.

VICKI DELLO JOIO



Vicki: I recently directed a powerful theater piece by Monique Miyake and Phoenix Song that addresses the grief of losing a child who took their own life. I witnessed how sharing that story could offer moments of connection, healing, and recognition for both the performers and the audience. Every time they have performed this piece, it has brought laughter, tears, anger, and sorrow, and audiences have responded with standing ovations.

I believe there is something profound about having grief witnessed, about feeling that we don't have to carry it entirely alone. Often, the most meaningful support we can offer is simply our presence: being willing to listen and feel alongside someone without rushing to give advice or offer counsel or tell our own story.

Lauren: Creative expression can be so profound. When I lost my grandpa years ago, one of the things I did was draw a picture of him fishing beside his dog. It gave me a chance to spend time with his memory and really pay attention to the essence of who he was. It was the best form of therapy I could have had at the time.

I love that your art takes the form of storytelling and can touch other people. Your video about your mother's passing really moved me when I watched it a couple of years ago. I wasn't expecting to cry at my computer screen that day, but I sure did. Could you tell us more about that piece?

Vicki: The short video about my mother that you mentioned has grown into a longer piece that I perform live. It gives me room to express and experience the humor, grief, honor, frustrations, joy, and gratitude within my relationship with my mama. Each time I tell it, I encounter that relationship again.

For me, artistic expression allows the love and the loss to take form. I can honor what has been, feel what is here now, and leave room for something new to emerge.

Lauren: Thank you, Vicki, for reminding us to be gentle with ourselves and for sharing ways to stay grounded as we make room for grief.

If people would like to learn more about you and your teachings, how can they connect with you?

Vicki: People can connect with me at vicki@vickidellojoio.com.

Lauren: I would also encourage people to visit your website, www.vickidellojoio.com.



Lauren Thomas
NQA Executive Administrator
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Click below to watch Vicki's performance, "It's About Time"

VICKI DELLO JOIO: "IT'S ABOUT TIME"



Community Awake
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Celebrating 40 years of our Qigong Healing Program
Damaris Jarboux
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NQA Celebrates 30th Anniversary

BY KAREN SUMARYONO

On to the next thirty years! The National Qigong Association (NQA) celebrated its 30th Anniversary Sept. 8-10, 2026, in the place where it all started, beautiful Denver, Colorado.

With a mix of past reflections and future aspirations, nearly 200 qigong enthusiasts gathered to mark the milestone. There were performances, reunions, cutting-edge research, ancient teachings, and plenty of movement, breath, and quiescence, a mix that resonated with the many like-minded participants.

The opening performance of the reunited twin sisters Lorelei Chang and Mai Nakanishi was emotionally moving in its synchronicity and flow. Their unique style, which blends qigong, dance, and calligraphy, was breathtaking to witness.

Dr. Roger Jahnke, one of the original founders of the NQA, emphasized the importance of the democratic beginnings of the organization, a place for all qigong practitioners regardless of style or lineage, echoing the "unity in diversity" theme of the founders. He also helped open the conference with a powerful performance of the Phoenix from Flower Mountain form, which is a specific, graceful, alchemical form within several traditional styles originating in Hua Shan, China, which translates to Flower Mountain. Dr. Jahnke transformed some serious qi on that stage!

"The students are the kindling; the teacher transmits the fire," Ken Cohen quoted in the first keynote of the conference. "Your healing being becomes contagious," he told the many teachers in attendance. He went on to describe the ways that Western medicine and qigong are complementary, and made the point that, "we cannot measure qi directly, but we can measure its correlates." He went on to enumerate measurable biochemical, bioelectric, psychosocial, and epigenetic changes and the thousands of peer-reviewed research findings that show in numbers and percentages the healing and preventative effects of qigong practice.

Lorelei Chang returned with a presentation of Bagua Zhang, demonstrating how one can flow with life's continuous transformations. Vicki Dello Joio then led participants through a seasonal practice of breath, movement, awareness, and sharing of one's own path of releasing, integrating, and connecting with what is essential.

The evening brought with it an athletic rendition of the classic Ascent Lion Dance and a rooftop conference social. Asked about their biggest takeaway from the conference, several participants responded with, "Community" and "Connections," and indeed there were plenty of opportunities for that throughout the three-day event. Thirty-five graduates of the Integral Institute of

The students are the kindling; the teacher transmits the fire.

KEN COHEN



"New flowering, new growth possibilities, new opportunities!"

LAUREN SUGARMAN



Qigong and Tai Chi (IIQTC) attended a reunion dinner together with their teacher, Dr. Roger Jahnke, as other groups and colleagues reconnected and met new friends in our days together.

Dr. Peter Wayne from Harvard Medical School and Marisa Cranfill of YOQI fame provided deep learning in their keynote addresses. Other luminaries in the qigong space presented recent research and led a wide array of practices for emotional healing, energy transformation, and overall health and wellbeing alongside a presentation on how qigong principles are being integrated into osteopathic medical training. Inspiring, informative, experiential, and uplifting, other presenters included Richard Leirer, Francesco Garri Garripoli, Steven Washington, David Silver, Dr. Carol Penn, and Jingshan Tang.

Awards were presented to NQA volunteers Linda Close, Brian Cook, and Mary Beck for their commitment and service to the organization, and a Lifetime Achievement Award was presented to Damaris Jarboux, who spoke on the Founders Panel and led a harmonizing practice to close the conference. Also speaking on the founders panel was James MacRitchie (by video), Roger Jahnke, Damaris Jarboux, and Richard Leirer.

A "Future of Qigong" panel included Bill Douglas, Dr. Peter Wayne, and Clayton Crosley with discussion of educating children through the Global Transformation Project, breakthroughs in medical research at Harvard Medical School and elsewhere, and the NQA connection helping veterans heal through the VA.

What did participants take away from the conference?

Amy Dahan said, "Relearning things I had forgotten in 27 years of practice. There was so much!"

Marshall Garland reflected, "There are so many different forms and styles, really no right or wrong in any of it."

Lauren Sugarman sensed the, "new flowering, new growth possibilities, new opportunities!"

The next in-person NQA conference is planned for 2028 in Savannah. It is never too early to put it on your to-do list and invite your students and colleagues to join us!



Karen Sumaryono
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In Praise of Imperfect Practice

BY JIM BIRT

For years in my classes I've stressed the importance of precision in students' tai chi and qigong forms. But some recent comments have me rethinking the need, or even the value, of emphasizing precision.

Some students told me how enriched they felt by their practices. At the same time, I could see many ways that their practice was really a rough approximation of what I was presenting. And yet the experience was proving valuable, even cherished.

This got me to thinking these ancient practices are so profound they aren't diminished by less-than-perfect practice. In fact, the "art" is what makes the many means of expression so dynamic.

I'm not advocating "sloppy" practice, but willingness to accept and even celebrate the many ways these practices enrich the lives of practitioners.

Variations are inevitable in any discipline that is truly "alive."

Take handwriting for example. I'm of a generation that was taught cursive writing (something I'm really bad at). My point is that if there was only one correct way to write in cursive, everyone's handwriting would look the same. But it doesn't – far from it.

Around the world, and mainly in China, development of humanoid robots is taking off. I expect to one day see videos of these robots doing tai chi and qigong. But these venerable practices cannot be reduced to an algorithm. They may look good --- perfect, even – but will be lacking in real spirit imbued by the founders and subsequent generations.

In some Native American traditions, what some may see as "flaws" in things like pottery and clothing, are viewed as doorways that let spirit enter. I believe the same can be said of tai chi and qigong practices.

I've also lost students who got so wrapped up in a quest for perfection from the very first class that it made it painful to watch. They agonized over fractions of an inch in their stances or hand positions.

When it comes to these practices, I believe perfection is a Western concept that does not fit well with these ancient Eastern disciplines. Sadly, that Western concept has made inroads in Tai Chi, especially in schools where it has

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JIM BIRT



Forms and practices are doorways. It is right and good to polish and refine them. Is it not a waste, though, to stop there and never step over the threshold to discover what's on the other side?

JIM BIRT



become a competition. And yes, there are Tai Chi competitions; you can see them on YouTube, where judges assign scores, no different than gymnastics at the Olympic Games.

What we experience as a form is actually a complex array of energy patterns. Embrace that as yourself and watch how time and space become moot. Today, I tell students our immediate goals are approximations; the polishing process is for a lifetime.

In closing, what follows are some gleanings from my personal journal that shed some light on "imperfect practice:"

Tai Chi and Qigong are vehicles for exploring what it means to be a human being. There is an evolutionary process at work in these forms – as the form changes, you change As you change, the form changes, perhaps not outwardly, but in increasingly subtle manifestations. There is a larger evolution at work: the evolution of consciousness that abides beyond the confines of ego. The practitioner becomes a fully involved contributor to that evolution.

In qigong practice we begin with the body. The forms reveal the energy that has always been there. As the energies become more present in the field of awareness, identity shifts beyond just the body and we realize a freeing of identity.

The energy then opens onto spirit awareness, bringing another identity shift into one all-encompassing transcendence.

When the doer of the form is emptied out of self, the form being practiced too is empty – not in a "lacking"sense, but empty of any distinctions between external and internal. This is practice as a true integration of human, earth, and heaven.

Forms and practices are doorways. It is right and good to polish and refine them. Is it not a waste, though, to stop there and never step over the threshold to discover what's on the other side?

All the forms of tai chi and qigong point to a Singularity: what the ancient masters called "wuji" – existing before duality arose in form.

In our practices we reconnect with that Singularity which underpins the whole of manifestation.

Lastly, I've embraced the philosophy of "perfection is an illusion; practice alone is real."

Jim Birt is a Lifetime Professional Member of the National Qigong Association. He lives and teaches in rural central Pennsylvania. Comments are welcomes at dacc.jbirt@gmail.com

The Power of Medical Qi Gong

BY LEONARD SHEN

It was November 2024 and the news was bad. I had gotten back my routine annual physical tests and my kidney biometrics were off the charts high – five times above my normal levels. A repeat test a week later was even higher.

The nephrologist in Silicon Valley where I live soberly told me that the filters in my kidneys were severely leaking, allowing protein molecules to pass through unprocessed, and that I had "irreversible kidney damage". The only option would be to take immune suppression drugs, and eventually dialysis – for the rest of my life—and suffer other systemic impacts of under-functioning kidneys. So I would be vulnerable to all sorts of diseases for the coming decades, ending up hooked up to a machine.

I was about to go on a month long trip out of the country, so the nephrologist agreed that we would re-test and begin treatment measures when I was back.

What to do? I had been studying Medical Qi Gong (MQG), so I called two of my colleagues and asked them to treat me with this ancient Chinese energy healing system. From the United States, they did a total of four, one hour remote treatments of me while I was several thousand miles away.

I didn't feel a thing during the treatments. But when I returned and took the same test in January 2025, just 5 weeks after the last one, the biometrics had plummeted—dropping all the way back to normal!

My kidney filters had regenerated themselves and were no longer leaking proteins.

The nephrologist couldn't explain how my "irreversible" kidney disease, verified through two separate tests in late November, had reversed itself over 5 weeks. Nor could a second nephrologist.

This was just one of many examples which I have personally experienced or seen with colleagues treated by Medical Qi Gong. (Another example shown in the graphic above was the marked reduction of my prostate cancer markers after doing some MQG prostate cancer exercises).

This is why I am so passionate about teaching and treating people using the 4,000 year old science of MQG -- **not just to produce general wellbeing, but to cure sometimes severe, life-changing diseases.**

I didn't feel a thing during the treatments. But when I returned and took the same test in January 2025, just 5 weeks after the last one, the biometrics had plummeted—dropping all the way back to normal!

LEONARD SHEN



How is Medical Qi Gong Different from Qi Qong?

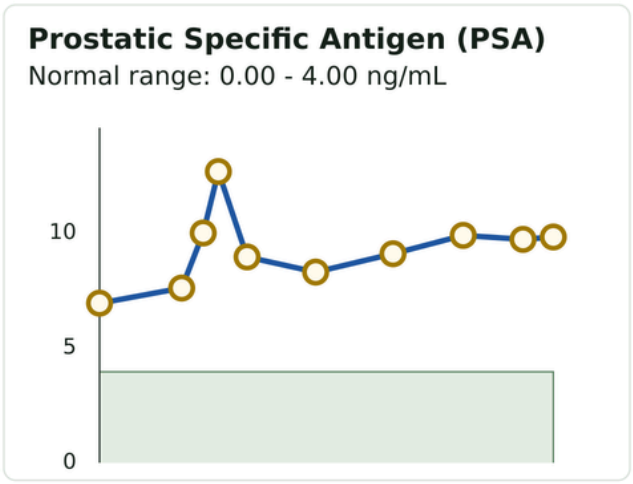
Qi Gong as it is typically practiced in the United States uses gentle movement, breathing, visualization and meditations to dilate the energy meridians in the body and generate and circulate health life force energy ("chi"), producing many well documented improvements in general well being metrics.

Medical Qi Gong is a little known (in the U.S.) branch of Qi Gong where the patient performs prescribed organ-specific or disease-specific qi gong exercises, with their self-healing work directed and amplified by a MQG doctor. Trained to become extremely sensitive to the micro-currents of electromagnetic energy, the MQG doctor (not an M.D., but with a theological degree in compliance with law), will sense into the patient's body and energy field, remove toxic and stagnant energy clots, infuse health chi where it is deficient, and rebalance the energy pattern of the patient.

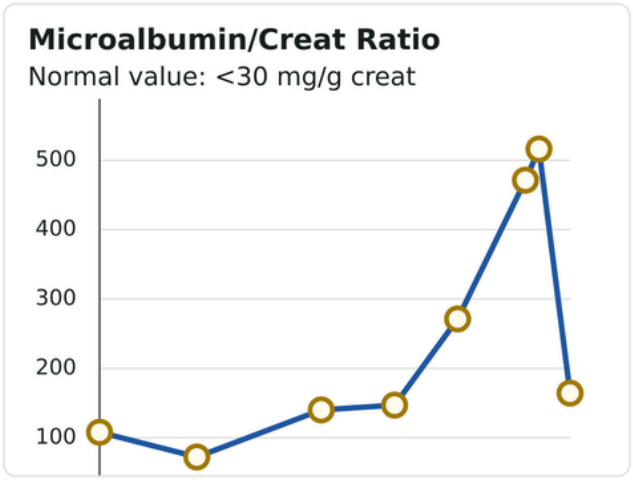
The MQG doctor will follow very specific energy healing protocols, developed over centuries of trial and error In China, depending on the disease. There are MQG protocols for several forms of cancer, as well as for lung, liver, kidney, spleen, heart, brain, digestive, reproductive, skin and bone diseases. (My colleagues had used a kidney disease protocol to heal me.) Several dozen protocols from Chinese MQG hospitals have been documented in The Secrets of Chinese Energetic Medicine, Volumes 1-5, by Dr. Jerry Alan Johnson.

Has MQG Been Recognized in the U.S.?

Dr. Shen's "Before and After" Medical Qi Gong Treatment



Prostate Cancer Marker



"Irreversible" kidney damage

Two watershed events occurred in 2026 to help establish the legitimacy of MQG in Western medicine. Earlier this year, after years of study, the U.S. Veterans Administration announced that it would allow MQG practitioners to treat veterans, starting in the states west of the Mississippi. As you may have heard from NQA President Clayton Crosley at the Annual Meeting in Denver last month, the NQA has worked with the VA Community Care Network to facilitate the credentialing of MQG practitioners (currently required to have at least 150 hours of training) to treat Veterans. https://www.nqa.org/va-credentialing

Second, in May 2026, Harvard Medical School hosted a conference of over 300 scientists, physicians, researchers and practitioners from 65 countries on "The Science of Tai Chi and Qi Gong as Whole Person Health." I and my colleagues taught multiple MQG presentations at the conference, including case studies of patients successfully healed of paraplegia and menopause related symptoms. (Abstracts of the Harvard conference proceedings can be found here: https://journals.sagepub.com/doi/10.1177/27536130261456353).

Taken together, these two milestone events signal a major opening of Western medicine to MQG, beginning to take the 4,000 year old science out of China and into the U.S. medical mainstream.

We then did partner work, moving the energy under our partner's feet, or along their center line, for example. All of this work was difficult, but very rewarding.



How Can I learn MQG?

However, with fewer than 1,000 certified MQG doctors in the U.S. and millions of VA patients now available for treatment, the need for high quality training is acute to feed the demand.

My colleagues and I in California Qi Gong—all of us Doctors of Chinese Energetic Medicine trained for at least 5 years directly by Dr. Jerry Alan Johnson, widely recognized as "the father of Medical Qi Gong in the West"-- offer both training and treatments in MQG.

This includes a 3 ½ year Master's in Energetic Medicine (M.E.M.) degree certification program beginning in January 2027, offered as a theological degree. With both weekly online classes and semi-annual in-person clinical workshops in the San Francisco Bay Area, our goal is to produce a cohort of highly skilled, high integrity MQG practitioners to support the millions of veterans who can benefit from this ancient and sophisticated practice.

For further information on the M.E.M. degree certification (600 hours of training, with Continuing Education Credits available depending on profession and state), and on our separate offering of 3 classes a week on MQG, please see www.californiaqigong.com or email leonard.h.shen@gmail.com



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Dr. Leonard Shen is a Doctor of Chinese Energetic Medicine, Buddhist Lama, Christian Mystical Priest, Harvard-trained litigator, former Fortune 100 corporate executive, investor and Board member of technology startups and homeless shelters. He is the founder of www.californiaqigong.com, dedicated to offering MQG training and treatments, particularly for under-served communities. California Qi Gong has held over 80 pro bono workshops over the last several years for homeless shelters, veterans, dementia wards, and women's cancer groups, and donated nearly $50,000 of its class fees to homeless shelters.