

**ELEVENTH WORLD CONGRESS ON QIGONG/TCM AND
THE 11TH AMERICAN ASSOCIATION ANNUAL CONFERENCE**

**“Qigong and Traditional Chinese Medicine (TCM) for Individual and Planetary Health II: An
Essential Balance”**

**Raising Funds for Sichuan, China earthquake and USA disaster relief efforts:
We need all your help please!**

FRIDAY, 9/19/08

09:00am – 05:00pm

FM-1

Pre-Congress full- or half-day Master Classes (FM)

NGUI, Roy, Dr. TCM, Dr.Ac. DNM, Qigong Master and
SUE, Sifu Errol: “Anti-Aging and Wrinkle Reduction”

FM-2

NGUI, Stanley, Dr. TCM, Dr.Ac. DNM, Qigong
Grandmaster: “Feng Shui + Wind & Water (The Art of
Placement)”

FM-3

MAYER, Michael, Ph.D.: “Qigong and Bodymind
Healing: Integrating East and West”

FM-4

FLOREA, Adrian, “Qigong Long Distance Therapy – A
Scientific Study”

11:00am – 12:00pm

Press Conference TBA

01:00pm – 05:00pm

FM-5

AUNG, Steven, MD: “Integration of Art and Medicine:
Enrichment and Enhancement in Healing”

02:00pm – 04:00pm

**Meeting of World Qigong Federation (WQF) and
American Qigong Association (AQA)**

04:00pm – 07:00pm

Exhibits (including Video Showing)

05:30pm - 06:45pm

Reception in Exhibit Hall

06:45pm - 07:05pm

Leung White Crane Group: The Lion Dance - a
cultural symbol for joy, happiness, success, good luck
and fortune and ward off evil energy. Leading the way
of health and goodwill for all Speakers/VIPs and
participants into Ballroom. All line up outside of
Ballroom.

07:00pm - 10:00pm

Grand Opening of Congress in Emerald Ballroom.
hosted by Chow Qigong students/practitioners.

Introductions Chair & Co-Chairs, VIPs (Mayor, politicians, celebrities invited)

CA Senator Leland Yee

Opening Blessings for Individual and Planetary Health and Peace with Special Dedication to those affected by the Sichuan China earthquake.

Greetings by **Mr. Thomas E. Lorentzen**, Region IX
Director US Department of Health and Human Services

Letters: **Prof Man Fong Mei** of United Kingdom,
Senator Dianne Feinstein, Assemblyman Mark Lenos, and others

***Dr. Effie Chow**: “Qigong and Traditional Chinese Medicine for Individual and Planetary Health II: An Essential Balance”

***Shaolin Temple Group** - ***Masters Shi Yanran**, Director with 8 disciples. “Acts from the Famous 72 Supreme Shaolin Feats” The Ultimate Strength of the Human Body: 2-Finger Chan (Zen)Balancing body on 2 fingers, Flying Needle Piercing Glass Pane bursting balloon on the other side, 4 Spear Tips Against Bare Body, Iron Head, Spear Tip Against Throat, Ba Duan Jin

***Steven Aung, MD**: “Vital Importance of Medical Qigong in Medicine” Painting and Calligraphy as part of medicine and health

***Peter Andraes**: “Golf Qi-Gong: Your Guide to Greater Health, Fitness, Agility, Speed, Power, Precision, and Performance”

***Testimonials** – clients: Debra Hatch, Jolyn Parker, Elizabeth Monacelli & Ziggy, the famous Qi-painting Pekingese who has been on Fox News, scheduled to be on Jay Leno and Ellen, and request for spontaneous audience testimonies

***Master Alex Feng**: “Medical Qigong in Integrative Medical Practice” Taiji and Dance as part of medicine and health

***Masters Healing Circle**

***Energetic Healing Light Show** By Michael Bertolacini of Energy Enhancement Systems

SATURDAY, 9/20/08

07:00am - 08:00am

Qigong Exercises – Wake Up with Lee Holden!

07:00am - 07:00pm

Exhibits (including Video Showing and Silent Auction which ends at time of Evening Gala)

09:00am -05:00pm

Drs. Tom and Janet Wu special two day Saturday and Sunday CEU Training Program

09:00am -06:00pm

Dr. Sandra Rose Michael – Energy Enhancement System Set-up for attendees to experience. Pay fees and a period of two one hour sessions free each day. Fees may be for entire Congress \$375, or each day \$175 unlimited passes or, \$50 per hour. Monies earned will be donated for Sichuan earthquake fundraising.

09:00am - 12:30pm

Scientific Panel: Moderator Shin Lin, PhD
 ***Shin Lin**, PhD: “Blood is the Mother of Qi: Scientific Measurements and Models”
 ***John Longhurst**, MD, PhD: “Acupuncture Insights Into Its Action on Stress Reduction”
 ***Sheng-Xing Ma**, MD: “Responses of Nitric Oxide on the Meridians to Acupuncture and Moxibustion: Towards a Better Understanding of Qigong Measurements”
 ***Shan S. Wong**, PhD: “A Retrospective and Prospective View of National Institute of Health’s Support of Qigong Research”
 ***Guang Yue**, PhD: “From Mental Power to Muscle Power: Increasing Strength by Using the Mind”

12:30pm - 02:00pm

Lunch on Own.....

2:00pm – 3:30pm

Panel on Energetics of Qi

***Alex Richards** TBA
 ***Sandra Rose Michael**, PhD: “Practical Applications of Energy Medicine” & ***Gregory Gerber**, MD: “Future of Medicine: Bio-Scalar Technology”
 ***Tom Wu**, MD (France), CN, PhD, DSc: “ Your Health is in Your Feet”
 * **Janet Wu** , PhD, ND, DD: “Medication Without Medicine: Qigong Practice”
 ***Michael Mayer**, PhD: “Psychotherapy and Qigong: Partners in Healing”
 * **Effie Poy Yew Chow**, PhD, RN, LAc, DiplAc (NCCAOM), Qigong Grandmaster: “The ‘Li’ of Qigong: Respect, Love, Honor and Gratitude”
 ***Jixing LI**, Master: Qigong Research

Demonstrations

***NGUI, Stanley**, Dr.TCM, Dr.TCM, Dr.Ac, DNM, Qigong Grandmaster - Qigong/Tai Chi Demonstration
 ***LIU, Chao**, Ph.D.& **Kahamu Kozuo**: “The Six Sounds Qigong”
 ***YANG, Jwing Ming**, PhD: “Shaolin White Crane Gong Fu”

03:30pm - 04:00pm

03:30pm - 06:00pm

04:00pm - 05:30pm

I-1

I-2

I-3

I-4

I-5

I-6

I-7

I-8

Stretch Break

Chow Qigong Reunion

Simultaneous Workshops I (8)

***Lee Holden and Karen Holden :** “The Magic of Qi Gong for Seniors”.

***Alex Feng, PhD, and Charlene Ossler, PhD:** “Qigong/TCM Futuristic Policies, Research & Recommendation Forum”

***Steven Aung, MD:** “Energizing, Purification, and Recycling of Healing Energy”

***Peter Andraes:** “Golf Qi-Gong: Your Guide to Greater Health, Fitness, Agility, Speed, Power, Precision, and Performance”

*** Alex Richards TBA**

***Suzanne Friedman, DMQ:** “Preparation for Daoist Inner Alchemy: The Medicinal 8 Brocades”

***Marcia Kerwit, MPH, PhD:** “The Six Healing Sounds”

***MELSON, Enrico, MD:** “Global Integrative Energy Medicine”

**06:00pm –
11:00pm+**

06:15pm

Gala Dinner Event: A Grand Cultural Exposition
with

Energetic Healing Light Show By Michael Bertolacini
of Energy Enhancement Systems
Chinese Orchestra – Terry Luk 7-8 musicians

Dinner is served

The Amazing Mind-Stretching Program:

Awards Presentation., Live Auction -- Signature items including Artwork by Masters Dr. Steven Aung, Master Hui Liu, Terry Luk, and others

Fashions by Cicada – the International Monique Zhang
– Connecting the Internal and External Grace and Beauty with ancient drums.

Beyond Everyday Occurrences: Remarkable Demonstrations of Instantaneous Healing, Special Participation for all. Medical Qigong, Martial Arts for Optimum/Ulimate Health and Human Potential, The Healing of Dance and Music

09:30pm –
11:00pm+

***Dr. Effie Chow** – Spontaneous emission for healing of pain, improved mobility, and balance – Volunteer participation and Instruction
***Roy Ngui & Stanley Ngui** – the Brother Team Feat
***Jixing Li** – Healing
***Joseph Acqua** - Tai Chi
***Lee Holden** – The Miracle of Qigong
***Masters Philip and Mei Wong** Wushu Style and Multi-generational performance including children.
***Master Jin-Sheng Tu with 8 students** - Founder of Jiu-Jiu Sheng Gong and Fu-Xing Qigong: Feats: Iron Crotch Qigong – the Natural Viagra system with no side effects, Also enhancement to the female health, 99 Power Qigong, Stand on eggs painting a grand painting in 3-5 minutes

Dancing for Life: Qi-Dancing with Masters, lead by **Dr. Effie Chow**; The Creation Dance of the DNA with **Dr. Sandra Rose Michaels**;
Dance party with **Alex Feng/Cathy Cheung/Ann Colichidas** and guest teachers: the Life-Qi of other styles of dancing: Latin, Ballroom, Line, Salsa, Folk, Lindy, Swing, and More.
***Energetic Healing Light Show** By Michael Bertolacini of Energy Enhancement Systems and DJ of International Award winning fame.

SUNDAY, 9/21/08

07:00am - 08:00am

Qigong Exercises – **Chao Liu**, PhD, The Six Sounds Qigong

07:00am - 03:30pm

Exhibits (including Video Showing)

09:00am -05:00pm

***Drs. Tom and Janet Wu** special two day Saturday and Sunday CEU Training Program

09:00am – 03:30pm

***Dr. Sandra Rose Michael – Energy Enhancement System** Set-up for attendees to experience. Pay fees and a period of two one hour sessions free each day. Fees may be for entire Congress \$375 unlimited pass, or each day \$175 unlimited passes, Or \$50/hour. Monies earned will be donated for Sichuan earthquake fundraising.

08:45am - 10:15am

II-1

Simultaneous Workshops II (8)

***Alex Feng**, PhD, LAc, OMD, “Spine Care from a TCM Perspective – Part I”

II-2

***Jwing Ming Yang**, PhD, “Scientific Foundation of Meditation-Embryonic Breathing – Part I”

- II-3 ***Sadao Hayano**, PhD, Engineer, Reiki and Medical Qigong Therapist “Healing Memory” and Demonstration
- II-4 ***Jin-Sheng TU**, Qigong Grandmaster, “99 Super Power and Iron Body Qigong – Rejuvenation for Men’s Health”
- II-5 ***Ailin Li**, MD, LicAc (CA) “TCM Application in Clinical Obesity and Anti-Age Medicine in China or U.S.”
- II-6 ***Bob McAllister**, LAc, Medical Qigong Practitioner, “Wu Jing Shen – The 5 Spirits of Daoist Alchemy”
- II-7 ***Roy Ngui**, Dr. TCM, Dr.Ac, DNM, Ngui Acupuncture Clinic & **Sifu Errol Sue**, Master of Qi Gong, “Boosting Energy and the Immune System”
- II-8 ***Linda Hole**, MD, QiWAY & HUB Founding Arc Angel, HI, “Aloha Qi for Peace & Oneness: Angels, Miracles & Making Love Real”

10:15am - 10:30am

Stretch Break

10:30am - 12:00pm

Simultaneous Workshops III (8)

- III-1 ***Alex Feng**, PhD, LAc, OMD, “Spine Care from a TCM Perspective – Part II
- III-2 ***Jwing Ming Yang**, PhD, “Scientific Foundation of Meditation-Embryonic Breathing - Part II
- III-3 ***Christina Barea**, Master of Medical Qigong: “Effectively Treating Children with Medical Qigong Therapy”
- III-4 ***Lily Chung**, PhD, “Natural Laws, Natural Energy and Natural Healing”
- III-5 ***Effie Poy Yew Chow**, PhD, RN, LAc, DiplAc (NCCAOM), Qigong Grandmaster, Congress Chair, “Holistic Body, Mind and Spirit Rehabilitation” Harness the power to heal yourself
- III-6 ***Sandra Rose Michael**, PhD, Energy Enhancement System (EESystem) Inventor.: “Practical Applications of Energy Medicine”
- III-7 ***Master Hui Lui, Erlene Chiang**, and group: “Dayan Qigong”
- III-8 ***UCSF OSHER Center Integrative Medicine – Joseph S. Acquah**, Lac, OMD

12:00pm - 01:30pm

Sunday Luncheon Panel in Exhibit Hall

- ***Bett Martinez**, MEd, “Spiritwalking/Aqua Ch’I – a meditative and invigorating water workout for pain & stress relief”
- ***Linda Hole**, MD, “Aloha Qi for Peace, Oneness & Freedom From Pain”
- ***Lama Somananda Tantrapa** “Qi Dao Coaching – The Art of Being in the Flow”
- ***Calvin Fahey**, “Qigong Meditations: The Root of All Practice”

01:30pm - 3:00pm

- IV-1 **Simultaneous Workshops IV (8)**
Jixing LI, Master: “On Healing”
 IV-2 ***Gregory Gerber**, MD: “Future of Medicine: Bio-Scalar
 Technology”
 IV-3 ***Ailin Li**, MD: “International E-Medicine and China
 Integrative Medicine System”
 IV-4 ***Michael Mayer**, PhD, licensed psychologist,
 “Psychotherapy and Qigong: Partners in Healing”
 IV-5 *Grandmaster **Stanley Ngui**, Dr. TCM, Dr. Ac., DNM:
 “Key Solutions in Resolving Pain”
 IV-6 ***Tom Wu**, MD(France), CN,PhD, DSc & **Janet Wu** ,
 PhD, ND, DD: “The Secret of Your Health is in Your
 Feet” & “Medication without Medicine: Qigong
 Practice”
 IV-7 ***Lama Somananda Tantrapa**: “Qi Dao Coaching –
 The Art of Being in the Flow”
 IV-8 ***Daniel Weng**, PhD and **Kenneth MacKay**, Ph.D:
 “Breathing Principles of Cardio Tai Chi”

03:00pm - 03:30pm

Stretch Break

03:30pm - 05:30pm

**Closing Ceremony of Congress and Masters’
 Blessings.** Projections for Future of Qigong/TCM: With
 Special Presentations, Demonstrations and Attractions in
 Ballroom
 ***An Exceptional Healing Interchange**
 ***Alex Feng, PhD, and Charlene Ossler, PhD:**
 “Qigong/TCM Futuristic Policies, Research &
 Recommendation Forum”
 ***Shin Lin**, PhD, “NCCAM Report on the State of
 Research on the Health Benefits of Qigong/Tai Chi”
 ***Effie Poy Yew Chow**, PhD, RN, LAc, DiplAc
 (NCCAOM), Qigong Grandmaster: “Our Road Ahead”
 ***Extraordinary Healing Ritual:**
 ***Qigong Masters Closing Prayer Circle of Life to end
 the Congress... East meets West with Elizabeth
 Monacelli** at the violin, Kahuna blessings by **Dr.
 Sandra Rose Michael**, and Energetic Healing Light
 Show By **Michael Bertolacini** of Energy Enhancement
 Systems
**Blessings and Peace for each individual and the
 Planet**

MONDAY, 9/22/08

09:00am - 05:00pm

Post-Congress Master full- or half-day classes (MM)

- MM-1 **Wang Yan**, MD, Qigong Master: “Qigong & Herbs for
 Weight Loss I

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|--------------------------------|------|--|
| | MM-2 | Effie Poy Yew Chow , PhD, RN, LAc, DiplAc (NCCAOM), Qigong Grandmaster: “Instant and Spontaneous Healing in Holistic Body, Mind and Spirit Rehabilitation” Harness the power to heal yourself |
| | MM-3 | Lama Somananda Tantrapa : “Qigong Coaching for Peak Performance in Healing and Martial Arts” |
| 01:00pm to 05:00pm | MM-4 | CHING, Kaleo , MA, CAMT, CCHT: “Aloha Aku: Chi Kung, Lomilomi, and the Healing Journey” |
| Half day | MM-5 | HOLDEN, Lee and Mother Karen , “The Magic of Qigong – Transforming the Ordinary into the Profound” |
| 09:00am - 05:00pm | | Personal Consultations – Pre-book, confirmed only with payment |
| <u>TUESDAY, 9/23/08</u> | | |
| 09:00am - 05:00pm | | Post Congress Master one-day or half-day Classes (TM) |
| | TM-1 | Wang Yan , MD, Qigong Master: “Qigong & Herbs for Weight Loss II”. |
| 09:00am - 05:00pm | | Personal Consultations – Pre-book, confirmed only with payment Dr. Effie Chow Another master? |

**Program subject to change due to circumstances beyond our control