



**TWELFTH WORLD CONGRESS ON QIGONG/TCM AND
12TH WORLD TAI CHI AND QIGONG DAY
THE 12TH AMERICAN ASSOCIATION ANNUAL CONFERENCE**

***Program Schedule: April 24-26, 2010 (Program subject to changes)
Including post Congress Workshops and Consultations April 26th**

Friday, April 23, 2010

05:30 pm — 9:00 pm Chow Qigong Reunion

Saturday, April 24, 2010 UNION SQUARE (FREE for Community to participate)

9:45AM – 3:00PM Program:

Leung's White Crane Lion Dance
 Opening Ceremony with Congress Chair **Dr Effie Chow, Senator Leland Yee**, Dignitaries, Masters, Students and Participants, Proclamations, Letters from Mayor Gavin Newsom and others
Sifu May Chen – Ohlone College. Tai Chi Qigong Warm-Ups and Yang Style Tai Chi Routine Section #24
Dr. Hidy Hiroaka and students – Cosmo Power - energy to throw people and to block objects or attack
Ms. Ann Colichidas - Chow Qigong Precious Eight
Lee Holden of PBS/KQED - The Magic of Qi Gong
 Client Instant Testimonies – **Michael Hernandez, Crane Kirkbride, Deborah Hatch, John Kyle, Carolyn Bass**, and from audience
 Roaming Ventriloquist **Carolyn Bass** entertains the crowd with Speaking Doll and donation box. Nehemiah roam the crowd.
Dr. Effie Chow – Chow Medical Qigong Instantaneous Healing- (pain, etc.)with Breath & Brush Qi Power. Audience participation.
Dr. JD Zhang – Eyelid Weight Lifting: Hold String with Eyelid, tie string to pail with some water and lift up pail. Gourd Flute Music.
Dr. Roger Jahnke* -Tai Chi Easy
Shaolin Temple Group SF Kung Fu
Ms. Cathy Cheung and Team – Taiko Drums
Master Michael Shaman – Hard and Soft Qigong
Dr. Stanley Ngui with son **Justin Ngui** – The Six Healing Sounds
Master Wayne Peng with **Sophia Zhou** - Zhao Bao Tai Chi
Sifu Philip Wong and **Mei Zhang Hong** & students and children corp Pacific Wushu –
Closing Ceremony

12:00 – 3:00

02:55 – 03:00

Saturday, April 24, 2010 WHITCOMB HOTEL

- 12 noon to 10pm **EWAHA Office –mezzanine room**
Giradelli EXHIBIT HALL OPENS featuring exhibitor showcase
(Exhibits FREE for Community) with Anthony Tung & others
- 4:00 PM – 5:00pm Whitcomb Ballroom
Dr. Effie Chow – Back to the Basics: Energy, Food, Air and Water
for Healing of Self and the Planet
Dr. Beverly Rubik – Healing States Associated with Gamma
Band EEG in the Prefrontal Lobe
Dr. Alex Feng with Amy (Ying Li) Matecki, MD– Medical Qi
Gong
(Simultaneous breakout sessions to be announced)

Gala Evening and Dinner:

- 06:00 pm — 11:00 pm: **Gala Evening and Dinner:** Grand Cultural Exposition
06:30 pm — 09:00 pm: **Program:** Awards Presentation, Remarkable
Demonstrations of Instantaneous Healing, Martial Arts, & Music
by **Terry Luk's** unique 10 piece Chinese Orchestra.
Dame Dr. Sandra Rose Michael – We're in Deep Shift:
Joint Qi of Staff to Save the World!
Dr. Roger Jahnke* - Hot Off the Press!
Awards Presentation:
Live Auction
Spectacular Feats: Shaolin San Francisco, Qigong master,
Healers
Master Chunyi Lin – Spring Forest Qigong – Minnesota
Dr. Philip Lei Yang, one needle acupuncture to one person on
stage and affecting healing in the audience. Also fingers in one
hand longer than others with Qi maneuver.
Dr. JD Zhang, Famous Change of Face – Shanghai Opera
Dr. Effie Chow - Breath and Brush for Instantaneous Healing
Sifu Philip and Mei Wong* – International Wushu Champions
Shaolin Temple Kung Fu San Francisco -

Dancing for Life: Qi–Dancing

- 09:00pm - 11:00+ pm: **Qi–Dancing** with Masters; The Creation DNA Dance, Ballroom,
Line, Salsa, Folk, Lindy, Swing, & More. **Ann Colichidas, Cathy
Cheung, Dr. Alex Feng**

Sunday, April 25, 2010

- 07:00 pm — 08:00 am: Qigong Exercises – with various Masters
07:00 am — 05:00 pm: Exhibits with exhibitor showcase **(FREE for the Community)**
09:00 am — 12:30 pm: **Scientific Symposium: Chair, Dr. Shin Lin in Whitcomb
Ballroom**
Shin Lin, PhD. Introduction. Convergence of Eastern and
Western Medicine for Optimal Health and Healing
Professor Jonathan Schooler, PhD Using Mind-Wandering to
Assess the Impact of Meditation on Mindfulness.
Gloria A. Gronowicz, PhD Effect of Human Bioenergy on
Cellular Function in Cultured Cells
Ge Wu, PhD Biomechanical Analysis of Movements and
Tele-Tai Chi for Promoting Long-Term Practice and Benefits
Michael Irwin, MD Improving Immunity and Sleep in
Older Adults: Role of Tai Chi

- 12:30 pm — 02:00 pm: Lunch Buffet and Sessions
Lama Tantrapa Qi Dao Qigong Coach
Linda Hole, MD Qi Hawaiian Style
Sonia Gaemi Ed D, CMQG. RD *Eating Wisely and Qigong for Hormonal Balance and a Healthy Weight*
 Entertainment and music
- 2:00 pm — 03:25 pm: **Simultaneous Workshops Session I**
 I - A **Dr. Philip Lei Yang** – Medical Qigong
 I - B **Hon. Dr. Sandra Rose Michael** - The DNA Creative Dance and Healing
 I - C **Sifu May Chen** - Eight Section Brocade from the Chinese Health Qigong Association.
 I – D **Dr. Sadao Hayano** – Qigong Healing Basic
- 03:35 pm - 05:00 pm **Simultaneous Workshops Session II**
 II - A **Dr. Stanley Ngui** - Happiness the Qigong Way
 II – B **Dr. Alex Feng with Amy (Ying Li) Matecki, MD–** Medical Qi Gong
 II - C **Dr. Michael Mayer** – Psychotherapy and Qigong: Joining Hands to Create a New Energy Psychology
 II – D **Lama Tantrapa** – How to Overcome Anxiety, Insomnia and Depression
- 05:10 pm – 05:45 pm **Spectacular Closing Ceremony of Congress and Masters' Blessings.**
 Projections for Future of Qigong/TCM: **Panel:**
 Special Presentations, Demonstrations and Attractions in Whitcomb Ballroom.

Sunday Post Congress Special Featuring Mr. Mahendra Kumar Trivedi

- The Trivedi Effect and the Science Behind the Miracles: Grand Blessings and Transformation Seminar**
 Whitcomb Ballroom Pre-book to assure space (\$20 admission)
- 06:30pm – 8:30pm

Monday, April 26, 2010

- 09:00 am — 04:00 pm: **Post Congress Master Workshops full day** (additional fees)
 MM1 **Dr. Stanley Ngui** - The Six Healing Sounds
 MM2 **Effie Chow, PhD** - Chow Medical Qigong: Health for Self and the Planet
 MM3 **Hidy Hiraoka, PhD** – Cosmo Power (CP) in Application
 MM4 **Mr. Mahendra Kumar Trivedi** - Personal Blessings for Healing – Pre-book to guarantee 2 hour appointment time. You will be contacted as to exact time of appointment.
- 09:00 am – 9:00 pm

Tuesday, April 27, 2010

- 10: 00 am – to 04.00pm **Personal Consultations: (Must be booked and paid early)**
Dr. Chow, Hiraoka, Trivedi, and others.

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