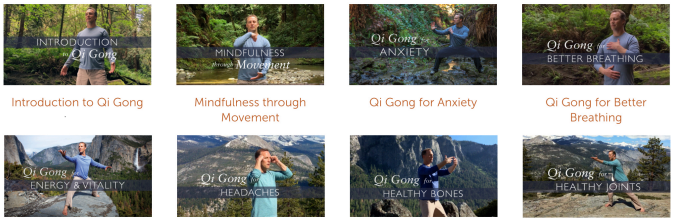
Title: Qi Gong for ….

Lee Holden, L.Ac, Holden Qi Gong, USA

Abstract (300 word limit)

Statement of the Problem: People are not feeling well and are not clear on the path to changing that. Individuals are feeling stressed, low energy, infertility, chronic disease and other ailments that are becoming more common. There has been an increase in surgeries, medication and medical diagnoses in the last decade than we have ever seen.

Image



Introduction to Qi Gong | Mindfulness through Movement | Qi Gong for Anxiety | Qi Gong for Better Breathing

Qi Gong for Energy & Vitality | Qi Gong for Headaches | Qi Gong for Healthy Bones | Qi Gong for Healthy Joints

Recent Publications (minimum 5)

1. BOOK: 7 Minutes of Magic
2. CDs: Your Body of Light
3. CDs: Taoist Sexual Secrets
4. DVD: Qi Workout AM PM
5. Workbook, CDs and DVDs: Qi Gong for Health & Healing



Biography

Lee Holden first discovered the healing power of QiGong and tai chi after experiencing injuries that nearly sidelined his Varsity Soccer career at the University of California, Berkeley. Impressed at how these ancient practices healed his body and allowed him to return to playing, he made their study a priority. Today, he is an internationally known instructor in meditation, tai chi, and Qi Gong, as well as a licensed acupuncturist, herbalist, and author (7 Minutes of Magic, Penguin 2007). His popular library of Qi Gong DVDs have made him a regular fixture on American Public Television and over 105 PBS stations throughout the U.S.and Canada. Lee's unique QiGong programs have been seen in over 50 million households. Lee's expertise and down-to-earth teaching style have made him a popular speaker and workshop facilitator. He's worked with world-famous healer Deepak Chopra as well as Mantak Chia, a widely revered QiGong expert. Holden is also a stress management consultant to top Silicon Valley corporations like Apple, 3Com and Cisco, and has been the on-set wellness consultant for several Hollywood film productions. Lee is a graduate of U.C., Berkeley, with a BA in Psychology. Lee , a "Doctor of Chinese Medicine," is a graduate of Five Branches Institute in Santa Cruz, a leading acupuncture college in the U.S.

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