

10th ANNIVERSARY



BUILDING BRIDGES
OF INTEGRATION
for Traditional Chinese Medicine

KEYNOTE: RUPERT SHELDRAKE, PhD

BIOLOGIST, AUTHOR, PHILOSOPHER AND EXPLORER OF MORPHOGENIC FIELDS

TRANSFORMATION

Healing BEYOND TIME OR SPACE
AMERICA'S PREMIER EDUCATIONAL EXPERIENCE ON BODY-MIND-SPIRIT HEALING

CONFERENCE SUPPORTERS

Mount Sinai School of Medicine • School of Social Welfare, State University of New York at Stony Brook • Council of Colleges of Acupuncture and Oriental Medicine • Tai Sophia Institute • *Alternative Therapies in Health and Medicine* • World Federation of Chinese Medical Societies

Building Bridges of Integration for Traditional Chinese Medicine 2011

TRANSFORMATION: *Healing Beyond Time or Space*

Convened by:



Traditional Chinese Medicine
WORLD FOUNDATION

34 West 27th Street, Suite 1212
New York, NY 10001

1.888.TCM.6909 • www.tcmconference.org

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State University of New York at Stony Brook
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Nan Lu, OMD

Founding Director and President
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New York, NY
Clinical Associate Professor
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Michael Taramina, Esq.

We invite you to a lively and loving community experience!

Building Bridges for TCM is America's premier educational event on true body-mind-spirit healing. It blends the best of Taoist philosophy with traditional Chinese Medicine (TCM) and its understanding of the role that Spirit and consciousness play in wellness and well-being.

Building Bridges for TCM is an extraordinary gathering—a unique healing experience in a learning environment—where you can journey with friends and colleagues to discover the benefits of applying TCM's practical holistic wisdom to health and wellness today. Together, we can explore its time-tested framework and profound understanding of its powerful relationship with Nature itself.

LEARN AND GROW WITH OUR MASTER TEACHERS

You'll have the opportunity to study in depth with generous and talented teachers of the spirit, and embrace educational and energetic experiences that nourish you at the body-mind-spirit level.

Most of our presenters are longtime members of our TCM family. They journey with us throughout the conference and encourage dialogue and exploration. They invite you to a path of self-discovery and knowledge. We all work to provide a warm and supportive community of health-seekers with a passion for learning how to strengthen the abilities of the healer to activate their patients' or clients' own healing abilities. Most of all, *Building Bridges for TCM* offers insight into true complementary medicine—one that allows for new ways of understanding the connections between Spirit, consciousness, emotions and their impact on well-being.

Celebrate our tenth year of *Building Bridges for TCM*!

This year, modern science and spirit converge as biologist, scientist, and well-known British author Rupert Sheldrake shares his innovative theories on morphic fields and how they shape our very existence. He and Nan Lu, OMD, conference co-chair, who draws a powerful picture of the individual as a vibrant energy being operating in a multidimensional reality, will engage in dynamic dialogue sure to deepen our appreciation of the power of the invisible and its profound effect on the visible. This remarkable convergence will help participants to a deeper recognition of healing beyond time or space!

WHAT'S DIFFERENT ABOUT *BUILDING BRIDGES FOR TCM*?

For the past decade, we have dedicated ourselves to building community through this unique learning experience in a healing environment. From the moment of arrival, there are numerous organic opportunities for interactions with presenters, master teachers, and a broad range of healthcare practitioners. Friends are made; experiences are shared; emotions flow as we all dip into the amazing well of this 5,000-year-old healing system. Year after year, participants comment on the uncommon care and energy our volunteer staff from our Qigong school brings to this gathering. The focus on participants allows each one to feel supported in this transformative journey so they can open up comfortably to new perspectives about changing their lives and subsequently the lives of their patients.

OUR GOALS

Building Bridges for TCM seeks to continue to offer innovative, effective ways to expand health options and improve outcomes in the U.S. We aim to do this by educating CAM and integrative healthcare and medical practitioners in classical Chinese medicine's Five-Element perspective on the role of consciousness, belief systems and emotions in creating and maintaining health. We seek to offer participants wisdom, knowledge, information and techniques to develop personal protocols of physical movement, spiritual self-cultivation and self-awareness, so that they can experience the inextricable connections between body-mind-spirit, to model health and radiate a true healing environment for patients. We seek to present the authentic ancient philosophical principles and theories underlying traditional Chinese medicine and create a deep understanding of this holistic medical system that emerged several thousand years ago from a powerful spiritual practice.

Our ultimate goal is to broaden our contemporary understanding of health and wellness by introducing TCM's innate concepts of self-empowerment, responsibility, self-care and prevention into the current paradigm of healing and recovery.

CONFERENCE GOALS

- Develop a deeper understanding of the theoretical, philosophical and spiritual framework within which the ancient medical system of TCM operates.
- Offer today's healthcare practitioners insight into TCM principles, theories, techniques and case studies.
- Raise awareness and increase implementation of TCM in the U.S. by defining and explicating its body–mind–spirit approach.
- Introduce protocols of self-cultivation for ourselves and patients that encompass true body–mind–spirit medicine.
- Study the connections between consciousness, body–mind–spirit medicine and good health in TCM.

CONFERENCE LEARNING OBJECTIVES

At the conclusion of this educational event, participants should be able to:

- Summarize the theoretical, philosophical and spiritual framework within which the ancient medical system of TCM operates.
- Compare the advantages of treating the whole person by bringing balance back instead of focusing on his or her illness or disease.
- Differentiate some of the positive contributions TCM could make to prevention within contemporary healthcare.
- Explain the purpose of self-cultivation in the practice of body–mind–spirit medicine.
- Demonstrate an ability to hold an informed discussion with patients about TCM as a complementary therapy for certain health conditions discussed at this event.

WHO CAN BENEFIT FROM BUILDING BRIDGES FOR TCM?

Acupuncturists • Asian Bodywork Therapists • CAM Administrators • Chiropractors • Educators • Herbalists • Insurers • Publishers • Massage Therapists • Naturopaths • Nurses • Nurse Practitioners • Nutritionists • Osteopaths • Physicians • Physician Assistants • Policymakers • Physical Therapists • Psychologists • Psychiatrists • Researchers • Social Workers • Students • TCM Practitioners • Therapists

EXHIBIT HALL

Be sure to visit our unique exhibit hall and browse a collection of intriguing products and services selected for a broad range of healthcare practitioners: Friday and Saturday from 8:00 a.m. to 6:00 p.m.; Sunday, 8:00 a.m. to 1:00 p.m. For information on exhibiting, contact Jennifer Oh, 888.TCM.6909.

ABOUT TRADITIONAL CHINESE MEDICINE WORLD FOUNDATION

Building Bridges of Integration for Traditional Chinese Medicine 2011 is convened by Traditional Chinese Medicine World Foundation, a 501(c) 3, not-for-profit organization founded in 1995. The Foundation's goal is to serve as a source for authentic information on Taoist healing and traditional Chinese medicine through educational outreach encompassing programs, classes, publications and research. Programs include the Breast Cancer Prevention Project; The Dragon's Way® Weight-Loss and Stress Management Program; Finding Freedom Healing Retreats; Menopause Naturally; Taiji for Health—Beyond the Martial Arts, and Qidancing. Learn more at: www.tcmworld.org, www.tcmconference.org, and www.breastcancer.com.

AFFILIATE PARTNERS*

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California State Oriental Medical Association
Florida State Oriental Medical Association
Georgia Association of Medical Acupuncturists
Healthy Child
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North Carolina Association of Acupuncture and Oriental Medicine

* Members of our Supporter and Affiliate Partner organizations qualify for a 20 percent discount on main conference registration prices. **Discount does not apply to preconference or postconference events.** Please visit www.tcmconference.org for more details.

THURSDAY, OCTOBER 20, 2011 PRECONFERENCE WORKSHOPS

4:30 – 7:00 p.m. Registration Opens

Preconference Workshops require separate registration. Open to the public.

10:30 a.m. – 4:30 p.m. (one-hour lunch break)

How to Have the Time (and Space) of Your Life:

A Spiritual Journey in a Material World

Thea Elijah, MAC, Stephen Cowan, MD, FAAP, CAC

How do we, as spiritual beings, live in a material world? Limits only apply to the world of time and space; limitless possibility defines the world of Spirit. This workshop will focus on some of life's key physiological and psychological landmarks: namely, birth, growth, transitions, discovering our purpose and aging. The problems that can be encountered and the gifts waiting to be uncovered will be presented from an integrated perspective of Western and Chinese medicine.

Five-Element Consciousness: Crouching Tiger, Hidden Dragon—How Harmony between the Lung and Liver Function Creates Healing Miracles

Nan Lu, OMD

Through special Taoist practice, ancient practitioners discovered the unique energetic force and spirit behind the Lung and Liver partnership. They likened the Lung's energy to a white tiger; the Liver's energy to a green dragon. They learned that when these two organs function in harmony, they unleash an energetic force for spiritual healing, psychic development and optimum health. This session helps participants gain a deep understanding of how to establish harmony between these vitalizing organs for major healing benefits, as well as how to recognize dysfunction at the body, mind and spirit levels. The workshop also explores the synergistic power of this dynamic organ duo for emotional health. It includes learning and practicing energy movements to harmonize Liver and Lung function, as well as a discussion of foods and herbs, lifestyle choices, and activities to avoid.

12:30 – 2:00 p.m.

The Dragon's Way® Instructor Certification Training

(Private Session: Prerequisite, The Dragon's Way® Instructor Certification Training Enrollment)

5:30 – 7:30 p.m.

ABCs of TCM

Tracey Horner Burde, MS, MAC, LAC

(Complimentary session for conference participants)

Building Bridges for TCM continues to achieve its goal of helping to build bridges! Over the past decade, we have seen a shift in the population of participants. While about half are acupuncturists, the other half now comes from a wide range of healthcare disciplines. If you would like to learn more about the fundamental principles and theories of this ancient holistic medical system, this is an excellent session to attend before the main conference. Or, if TCM is not your main area of practice, this session offers a refresher course on the basics. Either way, we invite you to this free workshop with former Tai Sophia faculty member, Tracey Burde, LAC.

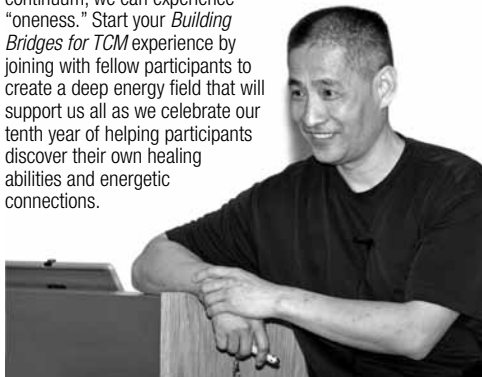
8:00 – 9:00 p.m.

Opening Celebration Meditation

Beyond the Time-Space Continuum

Nan Lu, OMD

Modern science tells us that time and space are actually one thing; they cannot be separated. Beyond the time-space continuum, we can experience "oneness." Start your *Building Bridges for TCM* experience by joining with fellow participants to create a deep energy field that will support us all as we celebrate our tenth year of helping participants discover their own healing abilities and energetic connections.



For more information, www.tcmconference.org



AGENDA

THURSDAY

PRECONFERENCE

10:30 a.m. – 4:30 p.m.

(one-hour lunch break)

How to Have the Time (and Space) of Your Life: A Spiritual Journey in a Material World

Thea Elijah, Stephen Cowan

Five-Element Consciousness: Crouching Tiger, Hidden Dragon—How Harmony between the Lung and Liver Function Creates Healing Miracles

Nan Lu

12:30 – 2:00 p.m.

The Dragon's Way® Instructor Certification Training PV*

Elaine Katen, Irma Jenne

4:30 – 7:00 p.m.

Registration Opens

5:30 – 7:30 p.m.

ABCs of TCM

Tracey Horner Burde

8:00 – 9:00 p.m.

Opening Celebration Meditation Beyond the Time-Space Continuum

Nan Lu

FRIDAY

7:00 – 8:00 a.m.

Taoist Stretching

Josie Zhuo

Tao of Medical Qigong PV*

Nan Lu

The Dragon's Way® Instructor Certification Training PV*

7:45 – 8:30 a.m.

Continental Bkfst – Exhibits

8:45 – 9:00 a.m.

Welcome

Ellen Schaplowsky

9:00 – 11:00 a.m.

Keynote

True Complementary Medicine: Healing Beyond Time or Space

Nan Lu

11:00 – 11:30 a.m.

Coffee/Tea Break – Exhibits

11:30 a.m. – 12:30 p.m.

A Taste of TCM

A. Qigong Meridian Therapy (QMT)

B. Four Energy Gates

C. Flat-Stomach Energy Movements

D. Self-Defense Energy Movements

E. Everyday First-Aid Energy Movements for Anxiety

12:30 – 2:00 p.m.

Networking Luncheon

12:45 – 2:30 p.m.

5:30 – 7:00 p.m.

9:00 – 10:00 p.m.

Schedule your own *QMT*/LFMQ sessions

2:00 – 3:00 p.m.

TCM Research Panel

Moderator: Kevin Chen

Panelists: Xiu-Min Li, Ruan Jin Zhao

3:00 – 5:30 p.m. Workshops

Qigong: Ancient Modality, Modern Application

Kevin Chen, Larry Stoler

Words as Medicine

Dianne M. Connelly

Crossing the Bridge to the Integral Medicine of the Future

Anna Kelly, Melissa Thiel

Recalcitrant Eczema and Food Allergy: New Ideas from Traditional Chinese Medicine

Xiu-Min Li

Spleen/Stomach Qi and the Fulfillment of Destiny

Josie Zhuo

5:30 – 7:45 p.m.

Dinner on Your Own

8:00 – 9:30 p.m.

Bagua Meditation

Nan Lu

SATURDAY

7:00 – 8:00 a.m.

Taoist Stretching

Josie Zhuo

Tao of Medical Qigong PV*

Nan Lu

The Dragon's Way® Instructor Certification Training PV*

7:45 – 8:30 a.m.

Continental Bkfst – Exhibits

9:00 – 11:00 a.m.

Keynote

Morphic Resonance and the Fields of Body and Mind

Rupert Sheldrake, PhD

11:00 – 11:30 a.m.

Coffee/Tea Break – Exhibits

11:30 a.m. – 12:30 p.m.

A Taste of TCM

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Schedule your own *QMT*/LFMQ sessions

2:00 – 2:30 p.m.

The Dragon's Way® Instructor Certification Information Session

Elaine Katen, Irma Jenne

2:00 – 2:30 p.m.

Meditation

Brother/Doctor Bernard Seif

2:30 – 5:30 p.m. Workshops

The Fire Element: Transformation from Anxiety to Connection

Thea Elijah

Medicine and Mysticism: Science and Clinical Applications

Brother/Doctor Bernard Seif

Introduction to Qigong Meridian Therapy (QMT) Hand Technique

TCM World Foundation Instructors

Infertility, Acupuncture and Assisted Reproductive Technologies (ARTS)

Eileen Zhuo

5:30 – 6:00 p.m.

Breast Health Practice for Previous Participants PV*

Nan Lu

5:45 – 6:30 p.m.

Networking Event with Tai Sophia Alumni

5:30 – 7:30 p.m.

Dinner on Your Own

7:30 – 9:00 p.m.

Understanding Energy & Healing

Rupert Sheldrake, Nan Lu

9:00 – 10:00 p.m.

Qidancing!

SUNDAY

7:00 – 8:00 a.m.

Special Taoist Sunrise

Energy Practice

Nan Lu

Tao of Medical Qigong PV*

The Dragon's Way® Instructor Certification Training PV*

8:30 – 10:30 a.m.

Celebration Breakfast and Bridges of Integration Awards

with Rupert Sheldrake, Nan Lu

11:00 a.m. – 1:00 p.m.

Workshops

The Dimensions of Attention: Being Time, Taking Place

Stephen Cowan

The Tao of Marketing: Promoting Your Wellness Practice

Ellen Schaplowsky

Acupuncture for Breast Cancer Patients: Beyond Point Selection

Ruan Jin Zhao

Oh, My Aching Back! (Neck, Shoulders and Legs!): Taiji Qigong for Flexibility

Josie Zhuo

POSTCONFERENCE

1:00 – 4:00 p.m.

TCM Approach to Healing Menopause Symptoms without Hormones: Acupressure, Acupuncture, Herbs, and Lifestyle Changes – Training Session

Nan Lu



FRIDAY, OCTOBER 21, 2011

7:00 – 8:00 a.m. Daily Self-Healing Practices

These special times are for you! Take advantage of daily self-healing practices to nurture yourself and increase your own energy foundation.

Taoist Stretching

Josie Zhuo, MTCM, LAC

Taiji helps you become more flexible in body, mind and spirit. Popular instructor and gifted practitioner Josie Zhuo helps us jumpstart the day.

LifeForce: Tao of Medical Qigong 1, 2, 3

(Private Session: For participants completing training in Levels 1, 2, and 3 of this energy healing art under the guidance of Nan Lu, OMD.)

The Dragon's Way® Instructor Certification Training

(Private Session: For participants completing training as certified instructors of The Dragon's Way® Program.)

7:45 – 8:30 a.m. Continental Breakfast in Exhibit Hall

8:45 – 9:00 a.m.

Conference Welcome

Ellen Schaplowsky, VP, TCM World Foundation

9:00 – 11:00 a.m.

KEYNOTE

True Complementary Medicine:

Healing Beyond Time or Space

Nan Lu, OMD

Modern science tells us space and time are a continuum; they cannot be separated. This understanding has tremendous implications for advancing true functional medicine. It opens a fresh new approach for appreciating and applying the dynamic, ancient Five-Element healing framework of traditional Chinese medicine. Quantum science also opens the door to profound insights into the physical space of a health condition and the impact of time associated with its development. True functional medicine requires the deepest understanding and appreciation of "oneness" and the body–mind–spirit trinity that manifests it. True whole-person healing needs to transform the invisible as well as the visible.

11:00 – 11:30 a.m. Coffee/Tea Break – Exhibits

11:30 a.m. – 12:30 p.m.

A Taste of TCM

- Qigong Meridian Therapy (QMT)
- Four Energy Gates
- Flat-Stomach Energy Movements
- Self-Defense Energy Movements
- Everyday First-Aid Energy Movements for Anxiety

12:30 – 2:00 p.m. Lunchtime

Networking Luncheon Buffet: Join us for a delicious Marriott-style meal at half-price! (Registration required.)

See old friends; make new ones at these special networking opportunities where you can continue to share insights over lunch. Lunchtime is also your time to explore our Exhibit Hall, practice *Wu Ming* Qigong, meditate quietly, or slip into Qigong Meridian Therapy or LifeForce: Tao of Medical Qigong.

12:45 – 2:30 p.m., 5:30 – 7:00 p.m.,

9:00 – 10:00 p.m.

QMT (Qigong Meridian Therapy) and LifeForce: Tao of Medical Qigong – Personal Sessions

Our trained QMT practitioners are ready to offer you an experience of a lifetime! Schedule appointments in either (or both!) to support your own healing journey.

- **Qigong Meridian Therapy Sessions**
These fantastic meridian massages have everyone talking!
- **LifeForce: Tao of Medical Qigong Sessions**
Experience this extraordinary healing opportunity!

2:00 – 3:00 p.m.

TCM Research Panel

Moderator: Kevin Chen, Panelists: Xiu-Min Li, Ruan Jin Zhao

NIH-funded investigator Kevin Chen leads a panel on recent developments in research on several remarkable TCM herbal therapies for modern conditions. Xiu-Min Li discusses her investigation of TCM herbal therapy Food Allergy Herbal Formula

(FAHF)-2 for pediatric allergy and Ruan Jin Zhao reports on his successful use of TCM herbal therapy *bing de ling*, and remarkable outcomes for cancer patients. Dr. Chen describes his current work investigating Qigong, bio-energy therapy and self-help methods for addiction, arthritis, cancer and other health problems.

3:00 – 5:30 p.m. CONCURRENT WORKSHOPS

Qigong: Ancient Modality, Modern Application

Kevin Chen, PhD, MPH, Larry Stoler, MSSA, PhD, DCEP

Qigong therapy is increasingly being applied in clinical settings to treat illness and promote well-being. *Qigong Study in Chinese Medicine* is the first English translation of the only official textbook of medical Qigong used in China's TCM colleges and universities. Combining traditional Qigong therapies with the most recent outcomes of modern scientific research, it provides an authoritative introduction to Qigong. Kevin Chen, translation project editor, discusses the benefits of Qigong for medical students and healthcare professionals interested in complementary therapies. Co-presenter Larry Stoler, PhD, bridges East and West with a description of his in-depth training in medical Qigong with modern-day Taoist teacher, Nan Lu, OMD, and his own experiences with applying medical Qigong in his professional life.

Words as Medicine

Dianne M. Connelly, PhD, MAc (UK), MA, DipIac (NCCAOM)

In the *Tao Te Ching*, we are told that the Tao that can be spoken is not the eternal Tao. Yet, we know words can awaken hidden worlds within, and in words, we build a shared world of meaning. Words are powerful medicine that can transcend time and space. In this workshop, we'll build medicine words as a language of love for the treatment room of life. We will also learn the art of transforming ourselves into powerful medicine men and women and, in the process, discover that the ultimate medicine word is 'love.'

Crossing the Bridge to the Integral

Medicine of the Future

Anna Kelly, MD, Melissa Thiel, MD, PC

In this workshop, two Western-trained MDs talk about the perils and joys of embracing Chinese medicine in their practices. Drs. Kelly and Thiel show how Chinese medicine, more than being integrative, is a fully integral medicine. The workshop examines medicine and healthcare delivery from a comprehensive cultural perspective and looks at contrasts between Western medicine, Eastern medicine and integral medicine through clinical case studies and personal reflections. Several conceptual models that comprise the scaffolding of this integral medicine that nourishes destiny and rectifies the soul will be offered.

Recalcitrant Eczema and Food Allergy:

New Ideas from Traditional Chinese Medicine

Xiu-Min Li, MD

Atopic dermatitis is a chronic, inflammatory, pruritic skin disease that affects up to 20% of children. Regardless of dietary modifications, hydration therapy, and topical corticosteroids, some of these children still suffer from severe skin lesions or recalcitrant eczema. Clinically, 40% of moderate-to-severe atopic dermatitis is associated with food hypersensitivity. Over many centuries, TCM has successfully treated this difficult skin condition. Today, TCM has shown promising results on recalcitrant eczema with improved quality of life, no relapse, and reduced food-specific IgE levels, including peanut-specific IgE. TCM has also been used long term without observed side effects. This workshop will discuss TCM treatment including Chinese herbal medicines and acupuncture for eczema-associated food allergy.

Stomach/Spleen Qi and the Fulfillment of Destiny

Josie Zhuo, MTCM, LAC

The timeliness of Chinese medicine's antidotes to contemporary issues of chronic conditions such as type 2 diabetes, stress, anxiety, obesity and more will be explored in this experiential workshop. According to TCM, two major types of energy sustain our bodies: Prenatal Qi and Postnatal Qi. The former is stored in the Kidney; it is the Qi we are born with—energy inherited from our parents. The latter, associated with the Spleen/Stomach organ system, is the Qi generated within our lifetime from food we eat and the lifestyle we live. If our eating and lifestyle patterns are intelligent, we can generate a surplus of Postnatal Qi to help supplement Prenatal Qi. The fulfillment of our destiny as unique human beings depends on the strength and balance of a functioning Spleen/Stomach partnership. A protocol of simple Qigong movements to improve and promote healthy Stomach function will be demonstrated and practiced.

5:30 – 7:45 p.m. Dinner on Your Own

8:00 – 9:30 p.m.

Bagua Meditation

Nan Lu, OMD

The Bagua uses the eight trigrams of Taoist cosmology to represent the fundamental interrelated principles of reality. Your own energy will guide you in this special healing meditation experience. If you were with us last year, you know how fantastic the Bagua mediation was; if you weren't, you're in for a beautiful mind-altering surprise!

SATURDAY, OCTOBER 22, 2011

7:00 – 8:00 a.m. Daily Self-Healing Practice

Use these special times to nurture yourself and strengthen your energy foundation.

Taoist Stretching

Josie Zhuo, MTCM, LAC

For millennia, Taiji has been refined into beautiful, rhythmic movements for self-healing. Continue learning with gifted, award-winning practitioner Josie Zhuo.

LifeForce: Tao of Medical Qigong

(Private Session: For participants completing training in Levels 1, 2, and 3 of this energy healing art under the guidance of Nan Lu, OMD.)

The Dragon's Way® Instructor Certification Training

(Private Session: For participants completing training as certified instructors of The Dragon's Way® Program.)

7:45 – 8:30 a.m. Continental Breakfast in Exhibit Hall

9:00 – 11:00 a.m.

KEYNOTE

Morphic Resonance and the Fields of Body and Mind

Rupert Sheldrake, PhD

According to the hypothesis of morphic resonance, plants and animals draw upon a collective memory, and in turn contribute to it. Morphic resonance works through morphic fields, which organize bodies and brains, and underlie the processes of healing. Through morphic fields, minds extend beyond brains both in space and time. Rupert Sheldrake explores the implications and workings of morphic resonance and its influence on body and mind.

11:00 – 11:30 a.m. Coffee/Tea Break – Exhibits

11:30 a.m. – 12:30 p.m. A Taste of TCM

- Qigong Meridian Therapy (QMT)
- Four Energy Gates
- Flat-Stomach Energy Movements
- Self-Defense Energy Movements
- Everyday First-Aid Energy Movements for Anxiety

12:30 – 2:00 p.m. Lunchtime

Networking Luncheon Buffet: Join us for a delicious Marriott-style meal at half-price! (Registration required.)

We've arranged special networking opportunities where you can continue to build community over lunch. Lunchtime is also your time to explore our Exhibit Hall, practice *Wu Ming* Qigong, meditate quietly, or slip into a Qigong Meridian Therapy or LifeForce: Tao of Medical Qigong. (Be sure to schedule your appointment.)

12:45 – 2:30 p.m., 5:30 – 7:00 p.m.,

9:00 – 10:00 p.m.

QMT (Qigong Meridian Therapy) and LifeForce: Tao of Medical Qigong – Personal Sessions

Our trained QMT practitioners are ready to offer an experience of a lifetime! Likewise, our trained LifeForce: Tao of Medical Qigong practitioners can help you explore energy for healing purposes. Schedule appointments in either (or both!) to support your own healing journey.

• Qigong Meridian Therapy Sessions

See what the buzz is about!

• LifeForce: Tao of Medical Qigong Sessions

Medical Qigong uses energy for medical purposes. Experience this extraordinary healing session.

2:00 – 2:30 p.m.

The Dragon's Way® Instructor Certification Information Session

Elaine Katen, Irma Jenne

Join us for this educational session to learn about the traditional Chinese medicine basis, including its foundational Five-Element Theory, of this unique weight loss and stress management program. Our program instructors will provide details on the training involved in becoming a certified Dragon's Way® instructor and how to bring this unique self-healing program into your community.

2:00 – 2:30 p.m. Meditation

Brother/Doctor Bernard Seif, SMC, EdD, DNM

Experience the joy of connecting with your inner spirit and strength. Recharge for the afternoon ahead.

2:30 – 5:30 p.m.

CONCURRENT WORKSHOPS

The Fire Element: Transformation from Anxiety to Connection

Thea Elijah, MAC

In Chinese medicine, the Heart is considered to be the Emperor, because it is the light of timeless consciousness, eternally present as Here and Now. Fire, the Heart's element, allows our timeless consciousness to be felt and expressed through human contact. Anxiety arises when we are not quite-here and not quite-now, making it difficult to share our light fully with others and bask in the exchange of human warmth.

Medicine and Mysticism:

Science and Clinical Applications

Brother Bernard Seif, SMC, EdD, DNM

Medical Qigong is the Chinese expression of energy healing. Other cultures, including twenty-first century America, have forms of energy medicine also. During our time together we will explore the scientific and spiritual basis for such practices drawing upon the research and writings of such people as sociologist William Bengston, biologist Rupert Sheldrake, and mystics Thich Nhat Hanh, Thomas Merton, Rabbi Abraham Heschel, and Hildegard of Bingen.

Introduction to Qigong Meridian Therapy (QMT) Hand Technique

TCM World Foundation Instructors

Learn powerful, therapeutic hand techniques that make Qigong Meridian Therapy (QMT) such a unique experience. QMT practitioners trained by Nan Lu, OMD, will demonstrate and teach a special energy system that traces its roots to Lao Tzu. QMT helps stimulate particular acupoints and meridians to reawaken the body's natural healing ability, as well as relieve stress and fatigue.

Infertility, Acupuncture and Assisted Reproductive Technologies (ARTs)

Eileen Zhuo, LAC

Many studies have found acupuncture significantly improves the success rate of IVF, IUI, and other assisted reproductive technologies (ARTs). Practitioners seeking to improve results in this area will learn about acupuncture's impact on success rates. This workshop also focuses on how to utilize acupuncture treatments as integrated therapy



with ARTs to increase the chance of pregnancy. The session provides an overview of the basic principles and protocols of each assisted reproductive technologies and the appropriate acupuncture treatments. It also presents clinical cases that explore how to apply TCM diagnoses of infertility to create an acupuncture treatment plan for individual patients undergoing ARTs.

5:30 – 6:00 p.m.

Breast Health Practice for Previous Participants*

(Private Session with Nan Lu, OMD.)

5:45 – 6:30 p.m.

Networking Event with Tai Sophia Alumni

5:30 – 7:30 p.m. Dinner on Your Own

7:30 – 9:00 p.m.

**Understanding Energy and Healing:
Modern Science and Ancient Wisdom**

A Dialogue with Rupert Sheldrake, PhD, and Nan Lu, OMD

Thinking about science, many of us may associate it with Newtonian theories and the science of three hundred years ago. Modern science has helped us understand that classical science, while valuable, does not reflect the larger truth of our reality. Contemporary science, particularly quantum physics, tells us everything is energy and everything is connected. It provides insight into the intertwined relationship of nature and humans, as well as humans with other humans. How can this perspective help us discover a more effective way to deal with today's illness and disease? How can we practically apply theories of connectedness from the Western science and Eastern spiritual points of view for real health and wellness? Thousands of years ago, classical Chinese medicine had already incorporated this deeper perspective into its unique principles and theories. Its profound understanding of correspondences between nature's elements and the body's systems; the body's organ systems and emotions, as well as each organ's spiritual influence on whole-body health, astonishingly mirrors the modern view of the energy fields in which we dwell.

9:00 – 10:00 p.m. Qidancing!

It's all about frequency! Our bodies respond to the harmonics of Nature and the Universe. Our organs joyfully respond to musical vibration. This is everybody's favorite event . . . Have fun!

SUNDAY, OCTOBER 23, 2011

7:00 – 8:00 a.m. Daily Self-Healing Practice

Use these special times to nurture yourself and strengthen your energy foundation.

Special Taoist Sunrise Energy Practice

with Nan Lu, OMD

LifeForce: Tao of Medical Qigong

(Private Session: For participants completing training in Levels 1, 2, and 3 of this energy healing art under the guidance of Nan Lu, OMD.)

The Dragon's Way® Instructor Certification Training

(Private Session: For participants completing training as certified instructors of The Dragon's Way® Program.)

8:30 – 10:30 a.m.

Celebration Breakfast and Bridges of Integration Awards

Plus . . . Q&A with Rupert Sheldrake and 10th Anniversary Perspective with Nan Lu.

11:00 a.m. – 1:00 p.m.

**CONCURRENT WORKSHOPS
(half-hour break)**

**The Dimensions of Attention:
Being Time, Taking Place**

Stephen Cowan MD, FAAFP, CAc

Attention is inextricably woven into the fabric of time. The demands of our fast-paced lives often distort our capacity to effectively pay attention

to life around us. Chinese medicine honors the unique ways we each experience time and offers practical solutions to the modern epidemic of disordered attention (ADHD). Participants will explore levels of attention from a Western neurodevelopmental perspective and their relationship to ADHD diagnosis as well as how to differentiate styles of attention according to the Five-Phase Chinese medicine perspective. They will also learn how treatment can be shaped to fit specific adaptive styles that are practical and multidimensional.

**The Tao of Marketing:
Promoting Your Wellness Practice**

Ellen Schaplowsky

Branding, marketing, public relations, advertising, social media . . . today there are so many ways to communicate your message and find your market. It's a challenge, however, to create a coherent, cogent and replicable marketing plan that will achieve your goals yet use your finite resources—both energetic and financial—wisely. This workshop takes a look at how brand strategies are developed, how to identify your best markets, how to establish a unique presence for your wellness practice, and how to articulate the special value that you uniquely can deliver to your target audience.

Acupuncture for Breast Cancer Patients:

Beyond Point Selection

Ruan Jin Zhao, MD

Due to the intensive use of chemotherapy and other medications, Chinese herbal medicine and food supplements have limited clinical effect in treating breast cancer patients. Acupuncture has become the main TCM therapeutic modality. Today, many oncologists have seen its beneficial results. This workshop covers acupuncture's theoretical foundation, clinical practice and specific point selection for lumpectomy to post-surgical care, chemotherapy and radiation, and healthy remission and prevention. It also reviews how acupuncture can balance neurotransmitters and bring inner tranquility, helping alleviate depression and anxiety, as well its role in triggering early immune response. Dr. Zhao discusses how to maximize the clinical benefit of acupuncture and efficiently use this modality in an integrative oncology practice.

**Oh, My Aching Back! (Neck, Shoulders and Legs!):
Taiji Qigong for Flexibility**

Josie Zhuo, MTCM, LAc

Lower back and neck pain affect up to 90 percent of Americans at some point in their lives. This pain can affect your ability and your patients' ability to think clearly, stay motivated and concentrate. This workshop demonstrates and helps you learn a unique series of Taiji Qigong movements for the prevention and treatment of neck, shoulder, lower back, and leg energy stagnation. With their foundation in Taoist stretching and martial arts, these easy-to-perform forms increase Qi and blood flow, improve flexibility, and prevent problems before they start.

1:00 – 4:00 p.m.

**POSTCONFERENCE EVENT (Open to the Public)
Special 10th Anniversary Event**

**TCM Approach to Healing Menopause Symptoms
without Hormones: Acupressure, Acupuncture, Herbs,
and Lifestyle Changes – Training Session**

Nan Lu, OMD

In TCM, menopause is known as "menstrual cycle ending symptoms," the result of Liver and Kidney energy dysfunction. TCM has thousands of years experience helping women navigate this natural transition so that they can make enough estrogen for the rest of their lives. This training session will focus on TCM's approach to healing symptoms of menopause without hormones. Participants will learn about special energy gates, specific acupressure and acupuncture points, as well as herbs and lifestyle changes that can help support women as they go through menopause and beyond. A portion of the proceeds from this workshop benefit TCM World Foundation's Breast Cancer Prevention Project.





Tracey Horner Burde, MS, MAC, LAC
Laurel, Maryland

Tracey Burde holds a master's degree in acupuncture, certification in Chinese herbs and in Medical Qigong. From 1993 to 2005, she served on the faculty of Tai Sophia Institute as an acupuncture instructor and clinical supervisor. A wife, mother, friend and spiritual seeker, Tracey is a grounded partner on this path called "life." Her core belief is that together we can restore balance, health, and reach our highest potential.

Kevin Chen, PhD, MPH

Associate Professor, Center for Integrative Medicine
University of Maryland School of Medicine, Baltimore, Maryland

Dr. Chen is an NIH-funded investigator who has conducted research on adolescent substance abuse, and clinical studies investigating Chinese energy therapy for osteoarthritis and addiction. He has had extensive experience in designing and implementing various research projects, including clinical trials, and has an interest in the scientific study of Qigong and its medical applications. A long-time Qigong practitioner, he is among the few scientists with first-hand knowledge of Qigong practice and active involvement in scientific Qigong research in the U.S. Currently, his work involves NIH- and foundation-funded research on bio-energy therapy and self-help methods for addiction, arthritis, cancer and other health problems.

Dianne M. Connelly, PhD, MAC (UK), MA, DiplAc (NCCAOM)

Co-Founder, Chancellor Emeritus
Tai Sophia Institute, Laurel, Maryland

Dr. Connelly has been a traditional acupuncture practitioner since 1973. She received her master's qualification from the College of Traditional Chinese Acupuncture (UK), and obtained a PhD in cross-cultural medicine from Union Graduate School, an MA from New York University of Education, and her bachelor's from LeMoyne College. She has served as a commissioner of the Accreditation Commission for Acupuncture and Oriental Medicine. She conducts workshops nationwide and lectures annually in Germany and Italy. Dr. Connelly is the author of *Traditional Acupuncture: The Law of the Five Elements; All Sickness is Homesickness; Medicine Words: Language of Love for the Treatment Room of Life*, and with Katharine Hancock Porter, *Alive and Awake: Wisdom for Kids*.

Stephen Cowan, MD, FAAP, CAC

The Center for Health and Healing, Mt. Kisco, New York

Dr. Cowan is a board-certified pediatrician and certified medical acupuncturist with more than 20 years of clinical

experience working with children. He is a Fellow in the American Academy of Pediatrics (AAP), a member of the AAP Section on Child Development, a member of the Autism Research Institute's Defeat Autism Now (DAN) group of practitioners and a founding member of the Holistic Pediatric Association. He cofounded Riverside Pediatrics in New

York State and is a member of The Center for Health and Healing of Northern Westchester.

Thea Elijah, MAC

Great Turning Healing Center, Putney, Vermont

Thea Elijah has studied Chinese herbal medicine for 20 years. A graduate of Traditional Acupuncture Institute (TAI), she has studied with Ted Kaptchuk and Leon Hammer. She has also worked closely with Lonny Jarrett and contributed a chapter to his book, *The Clinical Practice of Chinese Medicine*. Elisabeth Rochat de la Vallee and J. R. Worsley have been equally influential in shaping her understanding of the depth of Chinese medicine. She is the former director of Chinese herbal studies at the Academy for Five Element Acupuncture in Florida and at Tai Sophia Institute in Maryland.

Irma Jenne

Program Coordinator, TCM World Foundation
Program Coordinator, Tao of Healing
New York, New York

Irma Jenne has extensive experience teaching Yang-style Taiji and TCM-based programs including The Dragon's Way® Weight Loss and Stress Management program, *Wu Ming* Qigong for Breast Health and wellness programs for seniors. A gold medalist in several international Taiji competitions, she currently directs the Taoist Taiji program at the Tao of Healing and coordinates its *Wu Ming* Qigong program. She trained in TCM philosophy and principles, Taoist Taiji, *Wu Ming* Qigong, and LifeForce: Tao of Medical Qigong with Nan Lu, OMD. She is certified in Qigong Meridian Therapy jointly by TCM World Foundation and Hubei Traditional Chinese Medicine College, China. She is one of thirty people selected nationwide to participate in the prestigious Multicultural Executive Leadership Fellows Program conducted by the Human Resources Development Institute, Chicago, and funded by the W.K. Kellogg Foundation.

Elaine Katen

Program Director, Faculty, and Health Education Consultant
Traditional Chinese Medicine World Foundation
New York, New York

Elaine Katen co-develops and teaches educational programs for health, wellness, and healing at TCM World Foundation. She specializes in women's health education for diverse groups and professionals and is a lead trainer for The Dragon's Way® Instructor Certification program. Additionally, she is an editorial contributor to the foundation's website, www.breastcancer.com, and a member of the inaugural executive team of *Building Bridges of Integration for Traditional Chinese Medicine*, now in its tenth year. Elaine has studied TCM and internal martial arts in a classical internship under the guidance of Nan Lu, OMD, for nine years. She is certified in LifeForce: Tao of Medical Qigong, The Dragon's Way®, Qigong Meridian Therapy, and is a health education consultant.

Anna C. Kelly, MD

Metro Pain Center Inc., Atlanta, Georgia

Dr. Kelly is a graduate of Emory University School of Medicine, where she completed residency training in anesthesiology. She is a graduate of "Medical Acupuncture for Physicians" through UCLA, and is Board Certified by the American Board of Anesthesiology, the American Board of Medical Acupuncture, and the National Certification Commission for Acupuncture and Oriental Medicine. She is president of the Georgia Association of Medical Acupuncturists and a member of the Atlanta Women's Medical Alliance and the American Academy of Medical Acupuncture. Dr. Kelly received her master of arts degree in Applied Healing Arts from Tai Sophia. She volunteers at Metro Atlanta Recovery Residences and has an interest in addiction medicine.

Xiu-Min Li, MD

Professor of Pediatrics & Immunobiology
Director, Center for Chinese Herbal Therapy for Allergy and Asthma
Division of Pediatric Allergy & Immunobiology
Mount Sinai School of Medicine, New York, New York

Xiu-Min Li, MD is a professor in pediatrics & immunobiology at Mount Sinai School of Medicine in New York. She also directs the school's Center for Chinese Herbal Therapy for Allergy and Asthma. There she is investigating herbal medicines for

the treatment of allergic asthma and food allergy. In the area of food allergy, she is investigating the immunopathogenic mechanisms underlying food allergy and novel therapies for these allergic diseases. Her clinical research has included trials in both asthma and allergic diseases. One promising trial, which has progressed through the experimental and clinical phases focuses on peanut allergies.





Nan Lu, OMD

Founding Director and President
Traditional Chinese Medicine World Foundation
Tao of Healing
New York, New York

Nan Lu, OMD, holds a doctorate in traditional Chinese medicine (TCM) from Hubei College of TCM, China, and is a New York State-licensed acupuncturist. His work is dedicated to developing educational programs and curricula to help individuals discover their own healing abilities and the effect of consciousness on the body, mind and spirit. Classically and academically trained, Dr. Lu is a master herbalist and an internationally recognized Taiji expert and Qigong master. He is the best-selling author of three TCM books published by HarperCollins. He is a clinical associate professor at the State University of New York (SUNY), School of Social Welfare, where he also serves as an executive board member of the Center for Culturally Competent Education and Training. He is a founding advisory board member of and contributor to IntegrativePractitioner.com, and board member of the Association for Comprehensive Energy Psychology.

Ellen Schaplowsky

Conference Director, Building Bridges for TCM
V.P., Traditional Chinese Medicine World Foundation
New York, New York

As founding vice president of TCM World Foundation, Ellen Schaplowsky has collaborated with Nan Lu, OMD, on the development of many of the organization's educational initiatives and publications. She also helped co-author his three self-care books on TCM published by HarperCollins. A longtime Qigong student of Dr. Lu, she is certified in LifeForce: Tao of Medical Qigong. Ellen is also an executive vice president and the director of training at Ruder Finn, Inc., one of the world's largest independent public relations firms, where she founded its Marketing for the Environment practice. Her extensive background includes creating reputation-building communications strategies for well-known companies, brands, and nonprofit organizations, as well as in-depth experience in grassroots marketing communications and media relations.

Brother Bernard Seif, SMC, EdD, DNM

Salesian Monastery
Brodheadsville, Pennsylvania

Brother/Doctor Seif is a Christian monk with private monastic vows in the Roman Catholic and Salesian traditions. He is also vowed and knighted in the Sacred Medical Order of the Knights of Hope. Brother Bernard is a clinical psychologist, board certified in behavioral medicine. He is a board-certified Doctor of Natural Medicine specializing in Chinese medicine. Dr. Seif is a National Qigong Association Certified Level IV

Qigong Teacher, an NQA Certified Advanced Clinical Therapist, a lifetime professional NQA member, a member of the NQA certification committee, former ethics chair, has served on the NQA board of directors, and is a member of the World Academic Society of Medical Qigong (Beijing). Brother Bernard is a member of the international regulatory board of the Pastoral Medical Association and has authored numerous professional papers, as well as a series of monastic mystery books.

Rupert Sheldrake, PhD

London, England

Rupert Sheldrake, PhD, is a biologist and author of more than 80 technical papers and 10 books, including *Morphic Resonance*. He was a fellow of Clare College, Cambridge University, where he was director of studies in cell biology, and a research fellow of the Royal Society. He has appeared on numerous TV and radio programs in Britain and overseas, and participated in the PBS TV program, *A Glorious Accident*. He has been a frequent columnist in national British media, as well as education media and has contributed to a variety of magazines, including *New Scientist*, *Resurgence*, the *Ecologist* and the *Spectator*. His website, www.sheldrake.org, reflects his broad interest in exploring how the invisible impacts the visible world.

Larry S. Stoler, MSSA, PhD, DCEP

WholeHealth, Chicago, Illinois

Dr. Stoler is a licensed clinical psychologist practicing in Chicago at WholeHealth, a pioneering center for integrative medicine. He is a leader in the movement to integrate natural healing methods from the East with Western medical approaches. He is a certified LifeForce: Tao of Medical Qigong practitioner under the guidance of Nan Lu, OMD. He has also served as a president of the Association for Comprehensive Energy Psychology.

Melissa Joy Thiel MD, PC

Alexandria, VA

Dr. Thiel has been in the practice of women's health for thirty years. She has taught residents in obstetrics and gynecology, founded a teen pregnancy clinic, delivered more than 3,000 babies, taught gynecologic surgery, and supervised two large military women's clinics. She helped develop the U.S. Army's protocol for the treatment and support of rape victims, as well as developed the support protocols for families who have experienced miscarriage, stillborn, and infant deaths. She lectures on women's health issues, wellness, and is a certified menopause clinician. Dr. Thiel has been recognized as one of *Washingtonian* magazine's "Top Doctors."

Ruan Jin Zhao, OMD, PhD

President

The Center for Traditional Chinese Medicine, Inc., Sarasota, FL

Dr. Zhao is a native of Henan Province, China. He has been engaged in practicing, teaching, and researching traditional Chinese medicine with a focus on hepatic disease, viral disease and cancer for more than thirty years. After graduating from Henan College of Traditional Chinese Medicine in 1984, he studied with the renowned Professor Du Zhou Liu at the Beijing University of Traditional Chinese Medicine and Pharmacology (TCM&P), where he earned his master's degree in medical science. In 1990, he earned his PhD in Chinese medicine and cellular biology. After teaching cellular biology at Beijing University of TCM&P, he immigrated to the U.S. and has been practicing traditional Chinese medicine in Sarasota, Florida, where he is the president of the Center for Traditional Chinese Medicine, Inc., and a member of the H. Lee Moffitt Cancer Center in Tampa, Florida.

Eileen Zhuo, MD (China), LAc

Acupuncture and Chinese Medicine Center, Edina, Minnesota

Dr. Zhuo received her medical training in both Western medicine and traditional Chinese medicine at Fujian Medical University and Shanghai Traditional Chinese Medicine Institute in China. She completed post-graduate studies in the U.S. in nutrition sciences and earned a master's degree from the University of Washington in Seattle. She is a Minnesota-licensed acupuncturist with more than 20 years of experience in healthcare. Dr. Zhuo's practice in complementary medicine uses TCM principles and methods involving nutritional and herbal supplements, acupuncture, and Qigong energy exercises to help individuals heal naturally. Her specialties include PMS, menopause symptoms, infertility, pain, stress, chronic fatigue, weight control, and wellness maintenance.

Josie Zhuo, MTCM, LAc

Four Seasons Healing Center, Seattle, Washington

Josie Zhuo is a descendant of a long lineage of traditional Chinese medicine and Qigong practitioners. She began her Chinese martial arts and Qigong training at the age of ten. She was the Women's Sword champion at the First Beijing College Martial Arts Tournament in China. She also was honored as Educator of the Year by the Association of Teachers of New York in 1991. She is the founder of Four Seasons Healing Center in Seattle. In addition to her acupuncture and Chinese herbal medicine practice, her passion is promoting healing through Spirit Sword practice, Taiji, Qigong, and traditional whole-food therapies.



EVENT SITE

Westfields Marriott Washington Dulles Hotel
14750 Conference Center Drive
Chantilly, Virginia 20151 USA
Phone: 703.818.0300, Toll-free: 800.635.5666

The Westfields Marriott (www.marriott.com) combines sophisticated conference facilities, elegant accommodations, and exciting resort activities. Washington Dulles International Airport is within seven miles and the hotel is 30 minutes from downtown Washington, D.C.

Lodging

\$129 plus tax per night (double or single occupancy).
Reservations: Call 1.800.635.5666 or 1.703.818.0300 and mention *Building Bridges for TCM 2011*. The hotel has been designed as fully accessible to the disabled.

Ground Transportation

The Marriott runs a roundtrip shuttle service to Dulles International Airport. Please check with the hotel for scheduled times and rates.

REGISTRATION

Online Registration

Register online at www.tcmconference.org. Use our secure registration form to pay with Visa or MasterCard. Online registration is available until midnight (EDT) on October 14, 2011.

Fees include access to all conference sessions, workshops and exhibits, as well as the Sunday awards brunch (register to attend!) and coffee breaks. We also offer networking luncheons at half-price for the Marriott luncheon buffet (registration required).

TCM World Foundation

34 West 27th Street, Suite 1212
New York, NY 10001
Phone: 1.888.TCM.6909
Fax: 212.274.9879

SPECIAL MEAL OPTIONS

Don't miss our very special TCM community-building luncheons! With affordable meal options, you'll be able to spend more time with friends ... and make even more friends! We've designed a special gathering that will give you the most value for your investment!

- Continental Breakfast in the Exhibit Hall, Friday and Saturday!
- Award-winning Marriott buffet luncheon, Friday and Saturday! Special discounted tickets – 50 percent off!
- Sunday Breakfast and *Bridges of Integration* Awards ... PLUS Q&A with Rupert Sheldrake and 10-Year Perspective with Nan Lu

PRECONFERENCE WORKSHOPS

Thursday, October 20, 2011

10:30 a.m. – 4:30 p.m. (one-hour lunch break)

How to Have the Time (and Space) of Your Life:

A Spiritual Journey in a Material World

Stephen Cowan, MD, Thea Elijah, MAC

(Add \$99 – Also Open to the Public)

Five-Element Consciousness: Crouching Tiger, Hidden Dragon: Lung and Liver Partnership

Nan Lu, OMD

(Add \$99 – Also Open to the Public)

CONTINUING EDUCATION

CONTINUING MEDICAL EDUCATION CREDITS (CMES)

We are pleased to offer CMES for medical doctors, psychiatrists, and doctors of osteopathy through the University at Buffalo School of Medicine and Biomedical Sciences, NY.

This program has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for CME (ACCME) through joint sponsorship with the University at Buffalo School of Medicine and Biomedical Sciences and the Traditional Chinese Medicine World Foundation.

The University at Buffalo is accredited by the ACCME to sponsor CME for physicians.

The UB School of Medicine & Biomedical Sciences designates this live activity for a maximum of *19.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the

BEST PRICE EARLY REGISTRATION!!

All Three Days: **\$299** (Until June 30)

No other discounts apply.

| | 1 day | 2 days | 3 days |
|--|-------|--------|--------|
| Standard Registration (until Sept. 15) | \$300 | \$400 | \$450 |
| Late Registration (until Oct. 14) | \$375 | \$425 | \$500 |
| On-Site Registration | \$400 | \$450 | \$525 |

Student Rate

Students may register for all three days of the conference for \$250. This rate is in effect until September 15, 2011. After this date, students pay standard rates. Valid student ID required.

Cancellation and Refund Policy

We will refund 50 percent of fees paid by registrants who submit written requests before September 15, 2011. Late requests will not be honored. Refunds will be processed after November 15, 2011. No refunds will be given for those who register but are unable to attend.

Registration Policy for Foreign Attendees

Letters of invitation will be extended only to those who are registered to attend all three days of the conference and have paid the applicable registration fee. No refunds will be extended under any circumstances once registration has been paid. To request an invitation letter, please write to:

Letter of Invitation Requests

Building Bridges of Integration for TCM
See above address.

IT'S OUR
10TH ANNIVERSARY ...
but it's not a
celebration without you!
BRING YOUR FRIENDS!
TELL YOUR COLLEAGUES!
Check our UNBELIEVABLE
EARLY BIRD
REGISTRATION!!

5:30 – 7:30 p.m.

ABCs of TCM

(Special Preconference Session – Free of Charge to Conference Participants)

Tracey Burde, MS, MAC, LAC

Dive in or brush up for free!

8:00 – 9:00 p.m.

Beyond the Time-Space Continuum

Opening Celebration Meditation

Nan Lu, OMD

SPECIAL POSTCONFERENCE SESSION

Sunday, October 23, 2011

1:00 – 4:00 p.m.

TCM Approach to Healing Menopause Symptoms:

Acupressure, Acupuncture, Herbs and Lifestyle Changes – Training Session

Nan Lu, OMD

(Add \$189 – Also Open to the Public)

credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION CREDITS

Conference participants can earn up to 32.5 NCCAOM PDAs (pending) from Traditional Chinese Medicine World Foundation in cooperation with the National Commission on Creditation of Acupuncture and Oriental Medicine (NCCAOM) for attendance at Building Bridges of Integration for Traditional Chinese Medicine 2011.

If you would like to receive CME/CEU credits, you must hand in a completed evaluation form with your signature in addition to returning your stamped proof-of-entry into each workshop. Please evaluate all workshops for which you are claiming credit. CME applicants must also fill in a separate card indicating their participation.

REGISTRATION

Registering as: Individual Student

Attending: Thursday 10/20 Friday 10/21 Saturday 10/22 Sunday 10/23

Registering for:

- Preconference Workshop with Stephen Cowan and Thea Elijah (Add \$99) \$ _____
- Preconference Workshop with Nan Lu (Add \$99) \$ _____
- Postconference Workshop with Nan Lu (Add \$189) \$ _____
- Conference Registration Fee (See above) \$ _____
- Networking Luncheon Buffet (Half-Price: \$14.00 each day. Registration required) Friday \$ _____
Saturday \$ _____
- Registering for CMEs (Add \$50) \$ _____
- Registering for CEUs (No fee) YES

TOTAL AMOUNT DUE \$ _____

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Members of our Supporter and Affiliate Partner organizations qualify for a 20 percent discount off standard registration. (Preconference or postconference events not included.) Check www.tcmconference.org for list.

To help us plan future gatherings, please provide the following information:

Profession:

- Acupuncturist Physician, MD
- Chiropractor Physical Therapist
- Community-Health Professional Psychologist
- CAM or Healthcare Admin. Psychiatrist
- Educator Social Worker
- Massage Therapist Student
- Nurse/Nurse Practitioner Scientist/Researcher
- Osteopath TCM practitioner
- Other: _____

Medical/Healthcare Specialty:

(e.g., oncology, women's health, admin, education, etc.):

Age group:

- 20–25 26–35 36–45 46–65 66/+

Gender:

- Female Male

Affiliation:

- Hospital-Affiliated
- University-Affiliated
- Researcher
- Public Health-Related
- Student
- Other: _____

Type of Practice:

If you are a practitioner, which best describes your practice?

- Conventional
- Integrated
- TCM/Acupuncture
- Holistic
- Other: _____

How did you learn about the conference?

Please check all that apply:

- Building Bridges* Brochure (in the mail)
- Brochure (from a friend/colleague)
- Print Ad (what publication?) _____
- Website (which website?) _____
- Word of Mouth – Colleague/Friend
- I'm a Past Attendee
- Social Media
 - Web Facebook Twitter YouTube
 - Other: _____

Please let us know if you need special accommodations to participate in our conference and fax a description of your needs to 212.274.9879. We will address your needs to the best of our ability.



**BUILDING BRIDGES
OF INTEGRATION**
for Traditional Chinese Medicine

Traditional Chinese Medicine World Foundation
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New York, NY 10001

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- Taste of TCM – Sample and Learn
- Unique Healing Techniques
- Qidancing
- Meditation
- Qigong Meridian Therapy and
LifeForce: Tao of Medical Qigong

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TRANSFORMATION

Healing BEYOND TIME OR SPACE

October 20-23, 2011

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