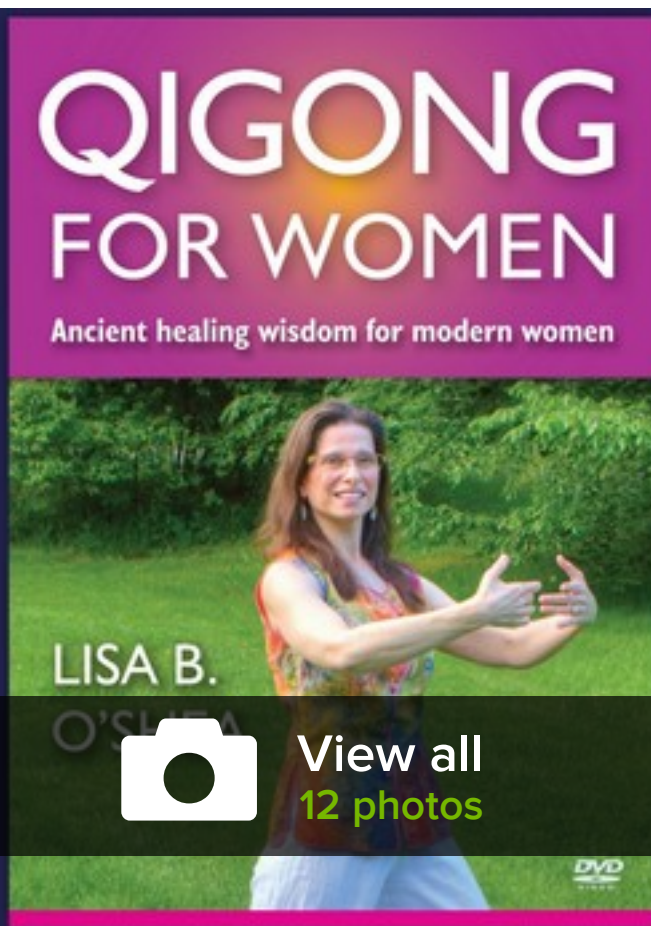


# “Qigong for Women”, ancient healing art for modern women

December 16, 2012

8:12 PM MST

Trained at one of the best engineering schools in the nation, Lisa B O’Shea is methodical in her approach in many aspects of life. Her latest DVD of [Qigong for Woman](#) systematically explains what [Qigong](#) is and how modern women can use the ancient Chinese [healing art](#) to increase their energy level and improve health.



DVD cover of “Qigong for Women”

*Lisa B o'Shea*



*Lisa O'Shea*

It is interesting to look at Lisa's journey of healing. She grew up in a family rooted in science and western medicine. Lisa's grandmother probably was one of few female doctors in her time as a pediatrician and her grandfather was a family doctor. Lisa's dad was a surgeon in the Boston area. At school, Lisa's focuses were science and math. After graduating from [Rensselaer Polytechnic Institute](#), she worked for large corporations like Kimberly Clark and Mobil Chemical. Over the course of time, stress from work accumulated. To reduce her stress level, Lisa tried a Tai Chi/Qigong class with a friend for six months. To her surprise, not only did her stress become manageable but also her asthma was disappeared. This experience brought her a whole new aspect of reality, which is different from the western model. She decided to study Qigong and Traditional Chinese Medicine and became a certified Qigong Healer through the [Chinese Healing Arts Center](#) with [Master T.K. Shih](#). Lisa's learning did not stop there though. She continued to pursue the knowledge of healing. In 1997, she became a student of Dr. and [Grandmaster Yang Jwing-Ming](#) and was certified as an instructor in 2003. She also studied mediation and healer techniques with [Master Hong Liu](#) and Shiba Lauhan Gong and San Shou with [Dr. Jay Dunbar](#).

Lisa founded the [Qigong Institute of Rochester](#), Rochester, New York, which offers Tai Chi and Qigong classes as well as Qigong healing treatments. She has hosted workshops and seminars both in the U.S. and abroad. To help reach out to other types of healings, in 2009 Lisa received Approved Provider status from [the National Certification Board for Therapeutic Massage & Bodywork](#) (NCBTMB) and is authorized to offer continuing education hours through her workshops. She has authored a few dozen of articles to help general public to understand Qigong and Tai Chi. She authored and produced a teaching DVD [Qigong for Healing](#). The most important accomplishment Lisa has achieved so far is

becoming the first female Qigong Master certified by [Dr. Yang Jwing-Ming](#) on Nov. 5 this year.

According to Lisa, her female patients are all very busy juggling work and family and leave little time for themselves. Eventually it takes a toll on their bodies. With her profound knowledge of Qigong and meridian system, Lisa modified and created a valuable Qigong program for modern women who have a busy lifestyle and want an easy and effective way to manage their stress and health.

Qigong for Women is a 217-minute-long DVD and divided into three parts. The Five Elements theory of the Traditional Chinese Medicine is foreign for westerners and difficult for Americans to understand. Master O'Shea explains it in plain English in Part One that people can easily understand and relate it to their body. In Part Two, she discusses in detail how energy imbalances within organ systems can affect people physically and emotionally. Lisa articulates that the emotional aspect of organ health can impact our relationship with other people. She focuses on women-specific health issues such as heart, breast, PMS, menopause, sex drive, the reproductive organs, autoimmune system, bone density, aging and more. During my recent interview with Master O'Shea, she emphasized the importance of heart health for women. She said many have the impression that heart problems are more prevalent among men than women. In reality, women die from heart diseases 12 times as many as breast cancer. In this Part, she teaches a series of exercises designed specifically for correct energy flow. In Part Three, she calls it the Yin Essence Mediation which women can learn how to clear energy blockages, increase energy circulation, balance emotions, perform self-healing and improve chronic diseases. Woman of all ages and physical abilities can practice Lisa's Qigong program.

Even though Lisa has taken a different path and gone "East" for her knowledge development, she has kept the family heritage in helping people with health and sickness.

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## **Violet Li**

Tai Chi Examiner

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