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# The 14th World Congress of Qigong and TCM got a big thumb-up

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Dr. Stanley Ngui (standing) on the opening of the workshops.

*The World Congress of Qigong and TCM*

This year Toronto, Canada, hosted the World Congress of [Qigong](#) and [Traditional Chinese Medicine](#) (TCM). With a leadership team of Dr. Effie Chow (San Francisco, CA), Dr. Stanley Ngui (Toronto, Canada), Master Justin Ngui (Toronto, Canada) and Dr. Shin Lin (Irvine, California), this year's Congress created a new height in term of the numbers of attendees, the depth and breadth of the program.



*Ann Colichidas*

The congress began on Friday May 25 evening. At the opening ceremony, the Congress President Dr. Ngui and the Chairman Dr. Chow warmly welcomed over 1,000 people in the audience and encouraged them to open their hearts to experience everything presented at the Congress. The opening ceremony continued with beautiful music and dance performances, including an unforgettable and exhilarating Lion Dance and Dragon of the Orient performance. The performances of martial arts and acrobatics were outstanding with skilled precision. The audience experienced the mastery of Shaolin Kung Fu and hard Qigong demonstrations and they were thrilled and amazed. The energy level both on the stage and in the audience was incredibly high. Julie Gunnerson (Apple Valley, Minnesota) said that she was completely enthralled.

Saturday and Sunday were workshop days. Masters and senior instructors from the US, Canada, Japan, China, Thailand, Italy, and Romania were there to share their knowledge and powerful Qi with the attendees. They covered many topics including: various styles of Qigong and the unlimited power of Qi, Traditional Chinese Medicine, [Tai Chi](#) Push Hands, Tai Chi forms, Feug Shui and the Microcosmic Orbit. There was so much to learn and experience. These workshops opened people's minds to infinite possibilities, strengthened their Qi and healed them in body, mind, and spirit. Again, Julie Gunnerson said "Imagine being in the presence of all of these incredible people. It was an exhilarating experience!" Panel discussions were held with views shared on all aspects of TCM. The Congress included lots of laughter and hugs, as prescribed by Dr. Chow. Even though the Congress attendees were people from all over the world, the connection was strong.

Saturday concluded with a gala banquet and program. Wonderful food, Qigong demonstrations, interesting lectures, and Tai Chi Sword demonstrations were all a part of the evening. After dinner,

participants enjoyed music and dancing. The place was electrified as masters, instructors and congress attendees danced, laughed, and enjoyed each other's company throughout the night.

Sunday morning was science symposium led by Dr. Shin Lin with the presentations by outstanding research scientists Dr. Randall Waechter, Dr. Shu-Ming Wang, Dr. Ge Wu and Dr. Chenchen Wang on the health benefits of Tai Chi, Qigong and TCM. There were also workshops hosted by masters throughout the day.

More education and fun were available on Monday. Attendees had the opportunity to broaden their knowledge further by attending a six-hour workshop in their particular area of interest. Many found them extremely beneficial.

With the success of this year's Congress, it was decided that the next Congress will be held in San Francisco in conjunction with the Asian Heritage Street Festival on May 17 – 20 and celebration activity in China.

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**Violet Li**

Tai Chi Examiner