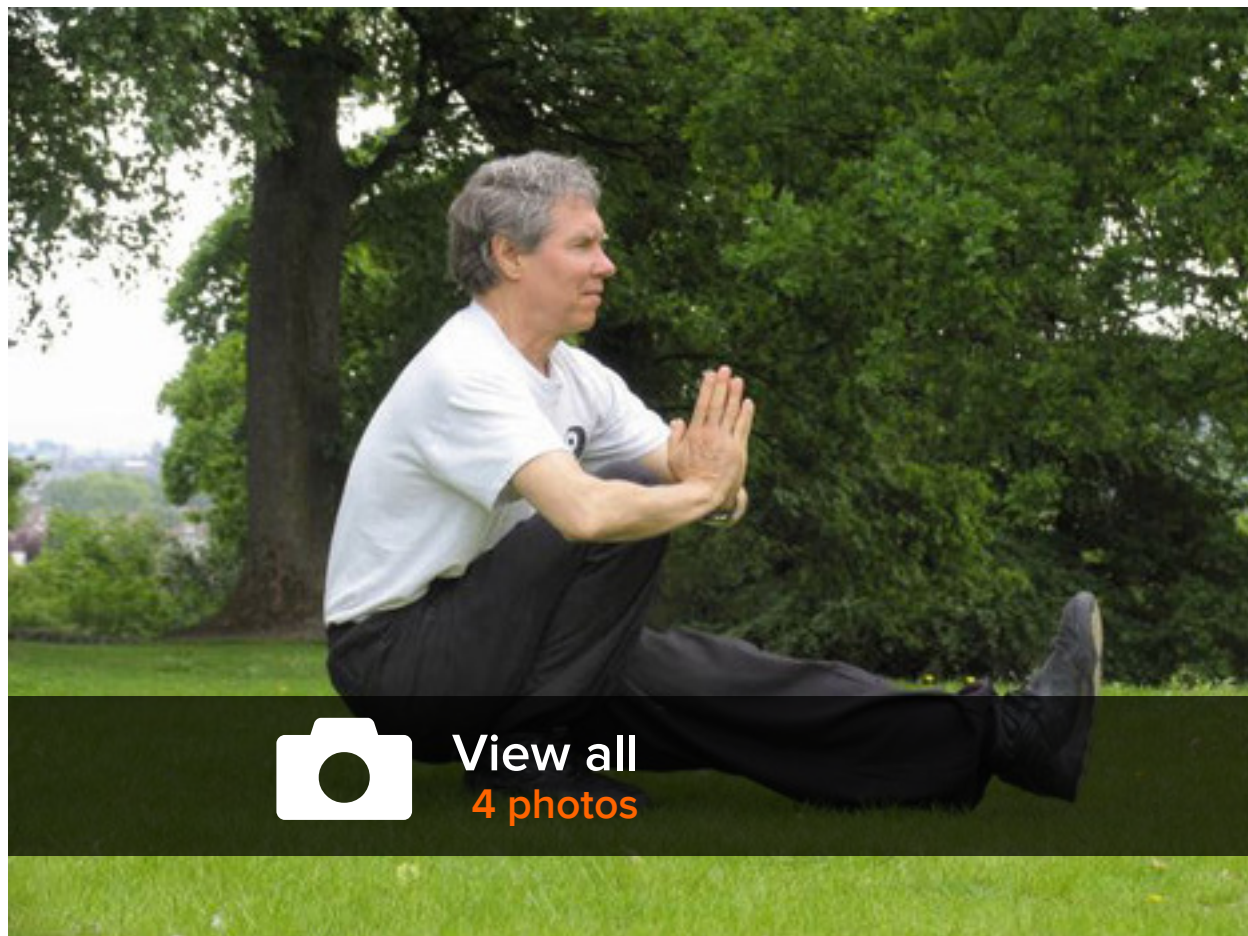


SPORTS / RECREATION / COMBAT SPORTS

## The IIQTC Celebrates 10th Anniversary

March 13, 2011

11:01 AM MST



View all  
4 photos

Dr. Roger Jahnke  
*IIQTC*

**The Institute of Integral Qigong and Tai Chi (IIQTC)**, founded in 2000 and 2001 by **Dr. Roger Jahnke**, is celebrating its 10th anniversary and the advances of **Qigong** and **Tai Chi** in the first decade of our new millennium. The IIQTC is one of the most credible of the training and research institutes for Qigong and Tai Chi outside of China. The institute has trained 300 teachers in the US and internationally who provide greater access to the benefits of Qigong and Tai Chi for schools, hospitals, spas, fitness centers, employee wellness groups, military populations, drug and alcohol programs, chronic diseases agencies (heart, lung, Parkinson's Disease, diabetes) and other social services agencies.



IITQC

Dr. Roger Jahnke, O.M.D, is a well known doctor of Chinese medicine with 30 years of clinical practice. He lectures widely and is author of *The Healer Within* and *The Healing Promise of Qi*. He is also a researcher dedicated to revealing the scientific “evidence base” for the benefits of Tai Chi and Qigong. He and his research colleagues recently published “*A Comprehensive Review of the Health Benefits of Qigong an Tai Chi*” in the very respected American Journal of Health Promotion (AJHP), which has gained international attention.

Dr Jahnke has studied Tai Chi ([Taiji](#)) and Qigong with many masters on 8 research and study trips to China and practiced the “Chinese arts for cultivation of physical and mental health” for over 40 years. Roger is a visionary advocate for the great possibilities of China’s amazing contributions to the world in the areas of stress management, wellness and integrative medicine. He is the developer and primary spokesperson for the “integral view” in Qigong which honors all the great streams of knowledge and practice. In addition, he developed the “Integral Tai Chi Teaching Method”, a very accessible approach to Tai Chi which is now utilized by numerous traditional Tai Chi teachers as well as several state health agencies and many institutions nationwide.

When asked why he has spent his life time devoted to Traditional Chinese Medicine (TCM), Tai Chi and Qigong, Dr. Jahnke shared a personal story. It was tragic that his father lost his life to cancer when Roger was only 9 years old. In mourning, Dr. Jahnke decided to study medicine so he could help save lives. But he was not satisfied while studying conventional medicine because he realized the common goal of the western medicine model was fighting diseases. He was very surprised to find that western medicine did not, at the time, focus on wellness and disease prevention.

In disappointment, he changed his major to comparative world literature, where the first book was the ancient Chinese classic [Dao Te Jing](#). Dr. Jahnke suddenly found his passion and decided that he would become a doctor of the principles of the *Dao Te Jing* through Chinese medicine. He found that TCM is very capable of treating ailments, but as well, it also has the focus of maximizing wellbeing. This unique foundation for Chinese medicine – wellness based medicine – is based on the *Dao Te Jing* and other ancient writings on longevity and vitality. TCM, Tai Chi, and Qigong maximize the function of the body organs to achieve their natural self-healing capacity.

Dr Jahnke stated, “Tai Chi and Qigong are the most elegant forms of Mind-Body Wellness Practice ever

developed by the human race. The potential for Qigong and Tai Chi to radically alter the future history of wellness and health care is immense and we at the IIQTC are very deeply honored to be involved.” The IIQTC is committed to the following goals to empower people to prevent disease, recover health and sustain vitality:

- Advocating Qigong and Tai Chi practice for all -- in stress mastery, disease prevention and active aging.
- Pursuing research and dissemination of the health, medical and social benefits of Mind-Body Practice in collaboration with universities, major medical and health care agencies.
- Training a vibrant international community of Integral Qigong and Tai Chi Teachers of high standard.
- Presenting Qigong, Tai Chi, and Energy Medicine workshops and retreats to empower the general public at holistic learning centers, spas and retreat centers.
- Providing conference breakout sessions and keynotes for wellness conferences.
- Contracting for consultations to hospital systems, universities, and social agencies on wellness and integrative and complementary medicine.
- Providing learning aids – books, video, teleconferences, websites – to support the learning of both the public and trainees.

Besides teaching the general public Mind-Body Practice (Tai Chi, Qigong, [meditation](#)), the IIQTC trains Certified Teachers in an annual series of [training programs](#). The IIQTC Teacher Certification Program is a comprehensive 200-hour training in Integral Qigong and Tai Chi including medical Qigong and inner alchemy. The IIQTC’s 300 teachers are active throughout the U.S. and internationally – Canada, England, Europe, Mexico and Thailand. Key areas that have emerged for the application of Qigong and Tai Chi are employee wellness programs, programs targeted at the military, programs in the schools for both students and teachers and programs in faith based institutions – healing ministries. The IIQTC has key graduates innovating programs in all of these sectors. According to Dr Jahnke, “It has become clear that the wellness and stress mastery potential of these great gifts from China – Qigong and Tai Chi – is unlimited! IIQTC graduates are active in many fields developing programs that are tailored to the unique needs of that field.”

In a society that is experiencing a “health crisis” this 10th anniversary of the IIQTC is evidence that

Qigong and Tai Chi are maturing within the American and other western cultures. The IIQTC is an advocate for the entire spectrum of skills in the Asian cultivation arts – martial, gymnastic, health, longevity, mental health and spirituality. When asked his thoughts on the potential for the IIQTC in the next decade, Dr. Jahnke responded, “Qigong and Tai Chi regulate the human system for little cost. They empower citizens to solve the health crisis in a way that the President, the Congress and even state health agencies can not. I am personally very grateful for the events of my life that led me to China, Asian medicine and especially Qigong and Tai Chi. In the next 10 years the IIQTC intends to train thousands of teachers who will empower millions to heal themselves for free.” IIQTC is actively putting a plan to fulfill this goal.

For more information, contact the IIQTC --[info@instituteofintegralqigongandtaichi.org](mailto:info@instituteofintegralqigongandtaichi.org) or 805-617-3390.

Now you can follow me on Twitter <http://twitter.com/#!/TaichiExaminer>

## **SUGGESTED LINKS**

- **A Comprehensive Review of Health Benefits of Qigong and Tai Chi**
- **A Top Ten List of Tai Chi and Qigong in 2010**



**Violet Li**

Tai Chi Examiner