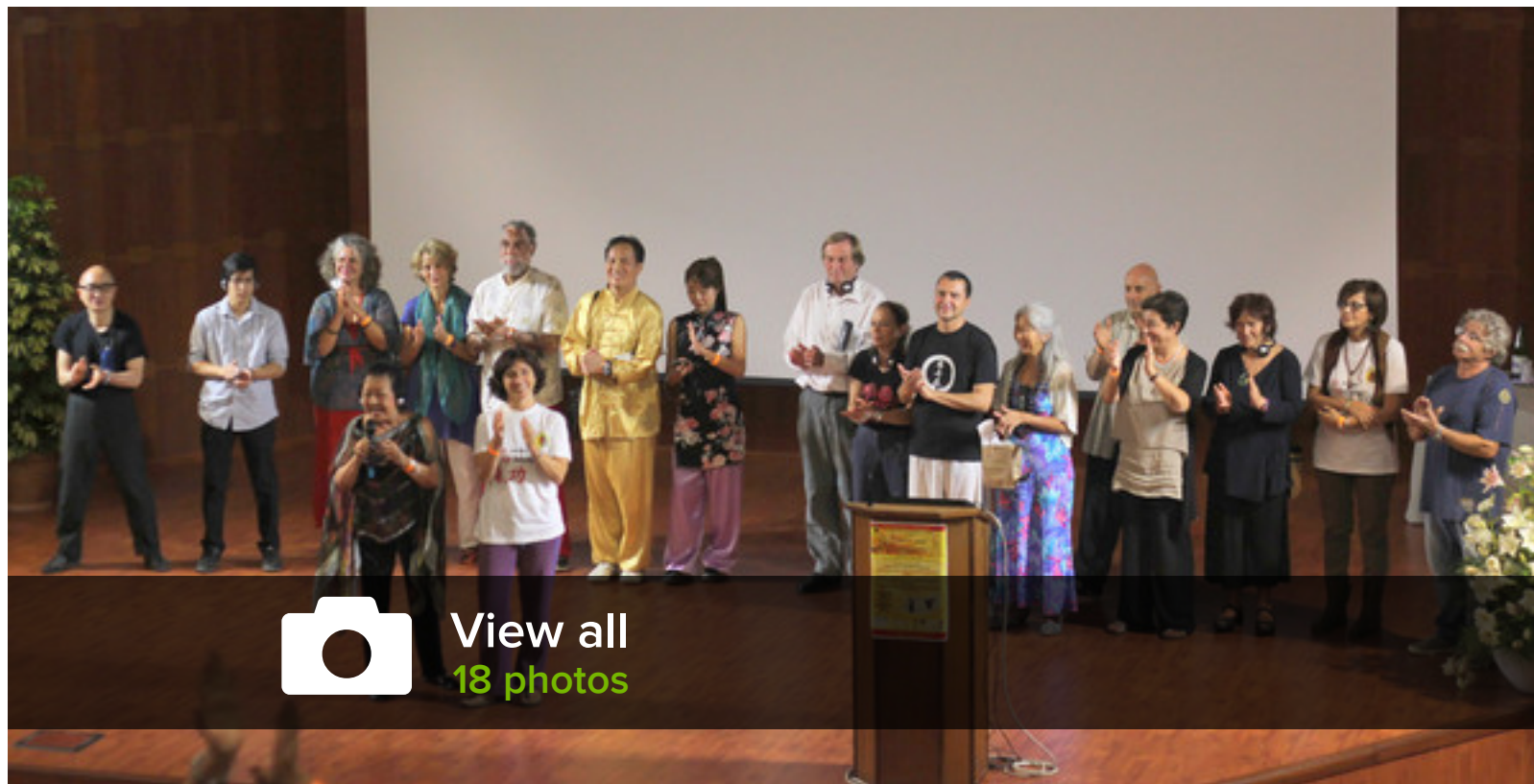


The third European Qigong Symposium was a success

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Highlights of the third European Qigong Symposium

Nei Dao

Organized by Italian [Qigong](#) Association Nei Dao and collaborated by the *16th World Congress of Qigong, Tai Chi, and TCM*, and *European Professional Association*, the *third European Qigong Symposium* was successfully hosted in Rome, Italy in late October 2014. The three-day symposium consisted of a wide range of topics with depth and presented a holistic view of Qigong. It discussed much of the theory and offered opportunities for attendees to witness various Qigong forms and learn a few Qigong exercises. It inspired participants to promote health through Qigong. It also created a forum for practitioners to exchange ideas and opportunities to initiate joint ventures.



Nei Dao

Dr. Marisa Luisa Vocca, the Founder and President of Nei Dao, reported that there were 20 masters specializing in Qigong, Tai Chi (Taiji) Quan, and Traditional Chinese Medicine (TCM) from nine different countries to deliver speeches and demonstrations. Over 150 people from Italy, England, German, Slovenia, and other European countries attended the symposium. The highlights of the event started with a beautiful concert of Tibetan bells, gongs and voice, with the title "We are sound!". Everybody participated in American Dr. George Love's "Qigong dance". Somebody cried out with emotions during American Dr. Effie Chow's demonstration on stage. Everyone felt strong Qi and changes in the body when Grandmaster Qin Xiping from Japan projected Qi on the public (Marisa's mom doesn't use the glasses anymore after Qin's demo!). Big emotions released in with American Dr. Nadia Linda Hole's Hawaiian style Qigong practice. Attendees exhibited enthusiasm for the practice guided from the stage by the Italian presenters Marina Monteferri, Elke Modafferi, Susanna Taccola, Dr. Paola Conti, and Dr. Vito Marino. There were beautiful Tai Chi Quan demonstrations by English Masters Liming Yue and Andrea Lori, and Italian Master Giuseppe Paterniti who also presented a Qigong project for children. Grandmaster Qin Xiping performed an amazing Shaolin Qigong and also demonstrated an exquisite double sword form with his wife Master Maho Saito. Everyone followed the German Master Wilfried Strover meditate. There were interesting presentations from Canada on *Connected Consciousness* by Dr. Justin Ngui, from South Africa on *Qigong use in Physiotherapy* by Sarah Mokone, and from England on the *Importance of Correct Postures of Qigong* by Dr. Mirilee Pearls. Prof Enfo Brogi from Italy presented the potentiality of Qigong help in the schools for teachers and students to manage panic attacks, anxiety, and a lot of other physical and mental problems, in order to prevent suicide among the young people. Master Kontany from Japan gave an exciting demonstration on the use of External Qigong to cure joint displacement.

As a senior Qigong practitioner and instructor, Dr. Vocca delivered a keynote on “Qigong in Italy” by studying the history and research of Qigong in Italy. She mentioned that through Traditional Chinese Medicine and Traditional Chinese Martial Arts Italians learn about Qigong. Since 1990’s, there have been health organizations in Italy inviting Chinese Qigong masters to conduct projects to better improve people’s health in the area of Alzheimer’s Disease, breast [cancer](#), chronic pain, depression, anxiety and other diseases, many proven to be effective and Qigong exercise become part of treatments and some Qigong exercises have been offered to patients free. In recent years, Nei Dao has been working on various projects including Qigong for cocaine addicts, Qigong in the schools, Qigong in the hospital for cancer, and Qigong for martial artists.

This three-day symposium was also sponsored by Rome Municipality, Susan G Komen Italy, All Japan Shaolin Temple Qigong Association, East West Academy of [Healing Arts](#) in the U.S., Ngui Style Qigong Association in Canada, Confucius Institute in Rome, Italian Tuina-Qigong Association, Italian International Taiji Quan Kung Fu Association, Japanese Stone Temple of Taiji and Qigong, Italian Traditional Kung Fu Union, English Chen Taiji Association, and others.

Dr. Effie Chow, the Founder of World Congress of Qigong, Tai Chi, and TCM, praised Marisa for her leadership and Nei Dao for its organization. She stated that the Symposium was a success. She also announced that the 17th World Congress will be back in the U.S. and held on May 17, 2015 in conjunction with the *Asian Street Festival* in San Francisco, California.

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Violet Li

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