



*"Your outer life reflects the quality
of your Qi. When you glow inside,
the whole world shines"*
Robert Peng

International Dance Studio
3001 NW 73rd St, OKC, OK

WORLD TAI CHI QIGONG DAY PROGRAM

Time	Agenda	Presenters
9:30 AM	<i>Check-In & Browse Sponsor Tables</i>	
10:00 AM	Welcome & Opening Remarks	Brett Schubert
10:15 AM	Presenter Demonstrations	
	<i>6 Perspectives: Chi Kung Meditation</i>	Grayson Trice
	<i>Qigong Warm Up</i>	Gwyn Davis
	<i>Yang Style Tai Chi Long Form</i>	Rick Krause
	<i>Shodo Tai Chi</i>	Master Van Tran
	<i>10-Step Tai Chi Form</i>	Ed Cunliff
	<i>9-Step Child Longevity Closing</i>	Quanah Saumty
12:00 PM	<i>Meet Presenters & Browse Sponsor Tables</i>	



M E E T T H E P R E S E N T E R S



Rick Krause, Sifu has practiced Tai Chi since 1972. He has published several videos and his most recent book *Laughing Buddha Tai Chi* is now available. Sifu Krause also has a psychotherapy practice where he often integrates Tai Chi.

www.TaiChiOKC.com



Master Quang Van Tran is the founder of Shodo Tai Chi and a co-founder of Oklahoma Acupuncture Association. Shodo Tai Chi techniques stimulate the acupuncture points to strengthen the internal organs. This results in better health naturally. The application of acupuncture makes Shodo Tai Chi uniquely different from other Tai Chi styles: The Yang, the Chen, the Wu and the Sun. Having only 2 forms, Shodo Tai Chi is the simplest style of Tai Chi existing today.

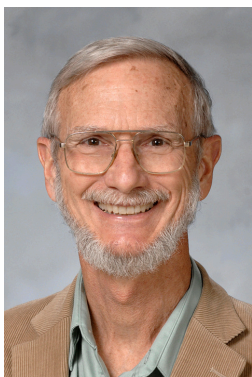
www.shodotaichi.com

MEET THE PRESENTERS



Gwyn Davis, LMT, CFMP is the owner and founder of Mind and Body Fitness Connections. She has been working in the Fitness and Wellness field for over 20 years and is passionate about helping her clients and students better navigate the various kinds of pain we all experience so that life can be approached with greater ease. Her background includes a degree in psychology and certifications in Neuromuscular Therapy, Qigong, Yoga, Corrective Exercise Functional Medicine and Holistic Lifestyle Coaching. She is also a Licensed Massage Therapist, one of the co-founders of Ecstatic Dance OKC and Secretary of the Board for Radiant Living Center.

www.mindandbodyfitness.net



Ed Cunliff, PhD is a Professor of Talent Development at the University of Central Oklahoma. In addition to his academic work, Ed holds a 4th degree black belt in Aikido and Jodo. He has been certified in Tai Chi for Better Balance, and Mindfulness Based Stress Reduction. Recently he completed Yoga 200 Hour Certification and a year long Qigong program with Mimi Quo Deemer.

www.youtube.com/@contemplativemovements4237

M E E T T H E P R E S E N T E R S



Quannah Saumty is the owner of Saumty Hypnosis & Holistic Services LLC, has been involved in holistic health and alternative medicine for over 30 years. Quannah was first introduced to Qigong in a group meditation hosted by a local Western Doctor and his associate a Traditional Chinese Medicine Acupuncturist and Herbalist in 1995. This group meditation focused on the 9 step child longevity Qigong by Dr. Yan Xin. Since then, Quannah has continued to pursue consciousness cultivation techniques from Native & Toltec Wisdom, Daoism, Qigong, and Self-Hypnosis. Currently Quannah speaks on conscious cultivation and emotional wellness with mindfulness and self-mastery. He offers personal transformation through Traditional Chinese Arts, Reiki, Hypnosis and Self-Hypnosis.

saumtyhypnosis.com



Sifu Grayson Trice has been practicing and teaching Eastern Healing Practices and Internal Martial Arts for over 25 years. He was the direct student of Glenn J. Morris, Ph.D., Sci.D. from whom he received Certification to teach Hoshin Tao Chi Kung and run his own independent school. He is a recognized formal practitioner of Gong Style Hebei Shing Yi, Usui Reiki III, holds three black belts in other Traditions. Grayson Trice's mission is to preserve the Healing Traditions transmitted to him for the benefit of future generations and to make such healing and transformative practices available to everyone regardless of personal circumstances.

doojoofsunmoon@gmail.com

M E E T T H E P R E S E N T E R S



Brett Schubert *"What you give your attention to becomes your intention. Setting your intention changes your attention."*

This is Brett's core belief and a good summary of his approach to life. Brett is a professional software developer and practices several forms of intentional body work. He mixes yoga, tai chi, deep flexibility work, conjoint family therapy, system thinking, and lean software into his daily life. For the past decade he has been a student of Rick Krause's. Rick teaches a mix of qigong, tai chi, liehubafa, and bagwa. At the turn of the century, Brett started practicing yoga, learning from Valerie Love for several years. In the early 90s, he practiced Taekwondo for several years. Beginning in April 2024, he'll guide you through Science of Stretching-based classes targeting Tai Chi and Qigong.

brett.schuchert@gmail.com

CITATION



Citation of Recognition

World Tai Chi Qigong Day

Whereas, Tai Chi and Qigong are ancient practices that are proving to have beneficial health implications ranging from improved balance and stability to reduced pain; and

Whereas, World Tai Chi Qigong Day will be celebrated worldwide on April 27th, 2024; and

Whereas, those individuals participating in World Tai Chi and Qigong Day are to be applauded for promoting health, physical activity and community engagement at both the local and international level; and

Now, therefore, pursuant to the motion of

Leader Cyndi Munson

the Oklahoma House of Representatives extends to the participants of

World Tai Chi Qigong Day

best wishes and directs that this citation be presented.



Leader Cyndi Munson
District 85

A handwritten signature in green ink, reading "Cyndi".

We feel honored our state government is supporting efforts to educate the community about health benefits, practices like what we what we are doing today, have for people.

A special thank you to Collin Walke and Cyndi Munson for advocating on our behalf.

S P O N S O R



MIND AND BODY FITNESS CONNECTIONS

Gwyn Davis LMT, CFMP

www.mindandbodyfitness.net

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Weekly Qigong Classes in Local Behavioral Health Hospital
Weekly Support Group for Survivors of Human Trafficking

Monthly Events

Massage 4A Cause (50% of Proceeds go to support survivors of human trafficking)
Ecstatic Dance OKC



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Brett Schuchert

Flexibility Coach

Hello.

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BLOG



YOUTUBE



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Moon
Hoshin Tao Chi Kung

Grayson Trice
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Thorn

Shawnee's Metaphysical Shop

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ENDORSEMENTS

"Tai chi and Qi Gong are some of the sanest and most beneficial long-term practices in the entire martial arts and healing arts continuum. I have been around these practices for nearly 40 years, and I recommend them unreservedly."

Nick Lowry, President of Kazeutabudokai

"The world is becoming more and more hectic, with less time for us to dedicate to our mental and physical health. Fortunately, there's an opportunity for us to all engage in some rest and rejuvenation through the World Tai Chi Qigong Day on April 30th. Tai chi and qigong are quickly becoming popular methods of low impact physical activity and mental centering. They are ancient practices that have survived the centuries because they work! If you've been looking for a new way to enjoy exercise and mindfulness or if you're just interested in tai chi or qigong, this is an amazing opportunity to learn what they're all about!"

Collin Walke, Oklahoma Legislator and Mindfulness Coach

"I cannot begin to express how beneficial practicing a martial art is for one's body and mind. I would encourage new martial artists, and those who have dedicated their lives to martial arts learning, to join in on World Tai Chi Qigong Day."

Jeanelle Hebert, Lead Instructor for Rebellion Martial Arts

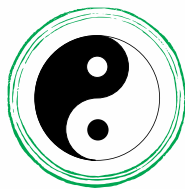
"As a family practice physician, I know that physical health is connected to mental and spiritual well-being. All three of these things contribute to the overall wellness of an individual. One of the best ways that a person can keep these three things balanced is by incorporating QiGong or TaiChi into their daily lives. Both of these practices use movement, breathing and meditation to improve overall health. I myself, have used QiGong to help cope with stress which created physical symptoms during the middle of the COVID-19 pandemic. After a couple of weeks, I saw a reduction in my symptoms and in a couple of months, I saw resolution of my symptoms. It was enough to convince me to add it to my daily routine! I am so convinced of how effective it is in helping one achieve balance in their lives, I have started adding it to my weekly (weather-permitting) Walking Group with my patients!"

Jenny Le, M.D.

10 STEP TAI CHI (YANG STYLE)



- Heaven and Earth - commencement
- Repulse the Monkey (R & L)
- Brush Knee (L & R)
- Part the Wild Horse's Mane (L & R)
- Cloud Hands (L & R)
- Rooster Stands on One Leg (R up then L)
- Kick R and Kick L
- Grasp the Birds Tail (R & L)
- Cross Hands, Embrace Tiger
- Closing Posture



Let's Stay in Touch

Keep up with our local
Facebook community at:
**Tai Chi and Qigong
Practices of Oklahoma**



Learn more about next year's World
Tai Chi & Qigong Day event
happening on April 26th, 2025 at:
www.mindandbodyfitness.net/world-tai-chi-qigong-day





Reflections and Connections

Thank you for attending! Please take a moment to write your thoughts about the event or note a connection with someone you would like to keep in touch with after the event.