

Tai Chi Chuan and Qigong Focused Vitae

Michael Mayer, Ph.D.

Director, The Bodymind Healing Center

11 La Bolsita Way

Orinda, CA, 94563

510-849-2878

email: drmichael@bodymindhealing.com, www.bodymindhealing.com

Training: Michael's background in Tai Chi and Qigong includes three decades of training in the internal martial arts at the Integral Chuan Institute with master Fong Ha where he learned Taiji Quan, Xing Yi Chuan, and Yi Chuan. Some of this training includes Taiji, sword, saber and staff, the 108 movement long form of Taiji Quan right and left sides, eight systems linking form of Taiji push hands, and the long form of San Shau. Sifu Ha trained with Tung Ying Chieh (first generation disciple of Yang Chengfu) and Yang Shouchung (a lineage holder of the Yang style). Michael trained in Yi Chuan with Sifu Ha and masters Han Xingyuan (a first generation disciple of Wang Xiangzhai), and Sam Tam (master of Eagle Claw, Yi Chuan and Taiji Quan). Michael studied Wuji Standing Meditation with master Cai Songfang. He has also trained with many other masters of medical Qigong such as Dr. Alex Feng in the Five Animal Forms of Hua Tau. Also he has been a colleague/friend of Taoist scholar Ken Cohen where many traditions have been mutually exchanged; for example, he was the first person to teach Ken the Yi Chuan Standing and Walking Meditation Qigong. Michael received a certification in Chinese Health Arts from the Acupressure Institute of Berkeley.

Professional Background:* Dr. Michael Mayer's professional background with Qigong includes teaching many workshops in Tai Chi/Qigong at universities, hospitals, workshops, and conferences. For example, he keynoted the National Qigong Association Conference (2004) and was chosen to do a master level workshop at the Eleventh World Qigong Congress in San Francisco (2008). For many years he offered his Qigong workshops at world-renowned Esalen Institute; and his certification programs include Bodymind Healing Qigong for Qigong practitioners/teachers, and a Bodymind Health Practitioner's Certification Program for health professionals. He has written four books and many articles on the integration of Qigong with Western mind-body healing practices. Michael has been certified as a Tai Chi Master Instructor by the American Tai Chi and Qigong Association.

* To see more about Dr. Mayer's [background and contributions](#) to Tai Chi and Qigong please click on the previous link.

Workshops, Classes and Trainings Given in Tai Chi, Qigong and Bodymind Healing:

- *First Sunday of the Month, March 3, April 7th , etc 2019, 1- 3 PM, Oakwood Athletic Club, Tai Chi Dance Workshop: Experience the Magic of Fluidity, \$25 Members, \$45 non-members, 4000 Mt Diablo Blvd, Lafayette, Ca, 94549. Click here for more info for [Tai Chi Dance Event](#).*

- *January 2019, Ongoing Saturdays 11:30-1 pm. For Oakwood Athletic Club members, Bodymind Healing Qigong and Tai Chi class, Lafayette CA.*
- [Ongoing Bodymind Qigong Classes](#) at the Bodymind Healing Center, 1987 to 2019:

Bodymind Healing Qigong includes exercises from: Yang Style Taiji Chuan, Tai Chi Ruler, Standing Meditation: Wuji and Yi Chuan Qigong Exercises to Disperse Stagnant Chi, Ancient Taoist Healing the Internal Organ Exercises, Yi Jin Jing, Bodhidharma's changing the muscles, sinews and bone marrow, Ancient Animal Qigong, Medical and Spiritual Qigong Practices, Walking more complete content description of my ongoing Saturday Bodymind Healing Qigong classes. Every Saturday, 9:30-11:30 AM, since 1987. For more complete listing click the link above.

Ongoing Intermediate Tai Chi Chuan classes, Long form of Yang Style Tai Chi Chuan, Left and Right sets. Every Friday 9-10 AM, 2007 to present .

University Teaching Experience with Tai Chi, Qigong, and Oriental Approaches to Healing

San Francisco State University, Institute for Holistic Healing Studies, Eastern Perspectives, Spring, 1998, Fall 1998, Spring 1999.

California Institute of Integral Studies, Three courses:

- Energy Medicine: East & West, East /West Doctoral Psychology Program, Summer 1997.
- Tai Chi/Qigong and Psychotherapy Psy.D. Program, 1996. The first course that trained doctoral psychology students at an accredited university in the integration of Tai Chi/Qigong and psychotherapy.
- Healing with Qigong and Standing Meditation, CIIS Workshop, Summer 1997.

John F. Kennedy University, *Qigong/ Tai Chi and Oriental Approaches to Healing*, Graduate courses in JFK University's Transpersonal Psychology Department, Perhaps the first U.S. training of graduate psychotherapists in the use of Tai Chi/Qigong in Psychotherapy, Five spring/summer seminars, 1986-1990.

Selected Workshops and Presentations Given (2009 to present):

Sept. 26, 2015, *Pushing for Peace-Harvest Benefit*, Tai Chi/Qigong and Psychology, Terrace Garden, Orinda, CA.

Sept. 10, 2015, 5:30-6:30 pm (PST) *Radio Interview, Qi Talks*, <http://nqa.org/category/qi-talks/>, Tai Chi Chuan: Four Dimensions of Purpose.

October 25-28, 2013, *Cascadia Training Presents*, Sunday 9:30 am-4:30 pm: Qigong and Bodymind Healing Qigong. University House-Wallingford, 4400 Stone Way North, Seattle, WA, 98103 Register at Cascadia Trainings. [Click Link](#).

June 30, 2013, *Association for Comprehensive Energy Psychology Conference*, Qigong and Energy Psychology Panel, (with Roger Jahnke, Michael DeMolina, Ted Cibik, etc), Reston: VA

October 4, 2012, 6:30 pm, *The Commonwealth Club of San Francisco*, [Integral Health: Bodymind Healing Approaches for Troubled Times](#), reservations@commonwealthclub.org, Audio copy of the lecture is online at above link.

April 29-May 2, 2011 *Thirteenth World Qigong Congress*, Energy Psychology: Self Healing Methods for Bodymind Health, Hotel Whitcomb, San Francisco, CA. East/West Academy of Healing Arts.

March 10, 2010, 9 AM- 10:30 AM, *Teleseminar, Ask the Experts*, "Qigong and Bodymind Healing: An Integrated Approach for Stress and Pain." Co-presented with Maggie Philips Ph.D., Register assistant@maggiephillipsphd.com.

January 29-31, 2010, *Esalen Institute, Big Sur, CA*. Tai Chi Chuan: Four Dimensions of Purpose, www.esalen.org/workshops/reservations.htm 831-667-3005.

August 21 & 22, 2010, *Bodymind Healing Qigong Weekend Workshop*, Bodymind Healing Center, Orinda.

October 31, 2009, *American Association for Integrative Medicine*, Tai Chi Chuan Push Hands; The Initiatory Elements. Springfield, Missouri, sponsored by Dr. Robert O Block, President of AAIM.

Sept 29, 2009, 6:45 PM- 10 PM. *Lescher Center for the Arts, Exercise: Moving for Vitality*, with Michael Mayer and Ofer Erez. www.lesherartscenter.org. 1601 Civic Drive, Walnut Creek, CA, 94596.

June 26, 2009, *National Qigong Association*, Qigong and Western Bodymind Healing: Joining Hands, Monterey CA, Asilomar, info@nqa.org.

May 28-31, 2009 *Association for Comprehensive Energy Psychology Annual conference*, Three presentations, 1.) All Day Workshop: Bodymind Healing in Psychotherapy:

Towards an Integral, Comprehensive, Energy Psychotherapy, 2.) Psychotherapy and Qigong: Partners in Healing 3.) Morning Wakeup: Revitalize your Self with Bodymind Healing Qigong. Orlando Florida, <http://www.energypsych.org>.

March 13-15, 2009 Shaver Lake Sangha,-Qigong Weekend in the High Sierras, Qigong and Bodymind Healing: The Self-Healing Path, Shaver Lake, CA.,Contact: cindy@middlewayyoga.com.

February 15-20 2009, Esalen Institute, Qigong and Bodymind Healing: The Self-Healing Path. www.esalen.org, Email programs@esalen.org

Past Workshops Given (before 2009):

May 16-18, 2008, Association for Comprehensive Energy Psychology Renew your Vitality with Bodymind Healing Qigong, AM and PM presentations; Morning warm-up with Bodymind Healing Qigong, Albuquerque, N.M. www.energypsych.org.

February 23, 2008, California Institute of Integral Studies, Qigong and Bodymind Healing: The Self-Healing Path, Saturday, Whole Day Workshop, kbaer@ciis.edu.

June 13- June 18, 2008, Mt. Madonna, Qigong and Bodymind Healing: The Self-Healing Path, five day training for health professionals and the public.

August 8, 2008, National Qigong Association, Two Workshops: 1). Qigong and Bodymind Healing: The Self-healing Path 2). Tai Chi Chuan; Four levels of Purpose, Reisertown near Baltimore, Maryland, info@nqa.org.

September 19- Sept 21, 2008 Eleventh World Qigong Congress. Three Presentations: (1.) Qigong and Bodymind Healing: The Self Healing Path, All day workshop 9 AM- 5 PM. (2.) Plenary Panel on Energetics of Qi, Sat. 9/20 @ 2pm-3:30 PM. (3.) Psychotherapy and Qigong: Partners in Healing 90 min on Sunday, 1:30-3 PM. Golden Gateway Holiday Hotel, SF. www.eastwestqi.com.

Oct 17, 2007, 4-7 PM, SF State, Department of Holistic Studies, Qigong and Western Bodymind Healing: Theory, Research, and Practice, HHS, 349.

October 3, 2008 - October 05, 2008. Shaver Lake Sangha-Qigong Weekend in the High Sierras. Contact Cindy Farley for details and directions to Shaver Lake 1 hour east of Fresno, South of Yosemite in the Sierras. Call Cindy at 559-841-3202.

August 12-17, 2007, Esalen Institute, [Qigong and Bodymind Healing: The Self-Healing Path](#). This workshop can be done with or without Dr. Mayer's Bodymind Healing Qigong Certification. Registration: info@esalen.org, 831-667-3005.

April 19-22, 2007, Association for Comprehensive Energy Psychology, "Psychotherapy and Qigong Partners in Healing Anxiety and Other Psycho-physiological Disorders," plus an all day workshop: "Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self-healing," Westfields Marriott, Chantilly, Virginia.

March 20- April 10, 2007, Studio Rasa, 933 Parker St (bet. 8 & 9), \$60 for four classes, 8 PM. Register 933 Parker St (bet. 8 & 9), \$60 for four classes, 8 PM. Register Four Tuesdays, [Tai Chi: Transforming your Life's Stance](#), 510-843-2787. www.studiorasa.org.

March 4, 2007, Save the Oaks, Standing like a Tree Qigong (Zhan Zhuang) practice. Finding your stance in life and in political protests. The Western and Eastern Mystery Traditions perspective on the sacredness of trees. UC Berkeley, Memorial Oak Grove. 2-3 PM. FREE.

October 27- November 3, 2006, Esalen Institute, "Bodymind Health Professional Certification Program," Continuing Education for Psychologists, mental health professionals, nurses, etc.. For details see www.bodymindhealing.com,

June 17, 2006, Institute of Imaginal Studies, Bodymind Healing: Integrating Qigong and Imagery Work, Petaluma, CA, CEUs available.

May 7, 2006, Eighth Annual Comprehensive Energy Psychology Conference, Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self-healing, Full Day workshop, Continuing Education Credits for Psychologists and other health professionals, Marriott Hotel, Santa Clara, CA. www.energypsych.org.

Feb. 22, 2006, Saybrook Institute, Qigong: Ancient Path to Modern Health, San Francisco, CA,

Sept. 4-9, 2005. Esalen Institute, "Qigong and Bodymind Healing: The Self-Healing Path," Five Day Workshop-Labor Day Week, Continuing Education Credits for Psychologists and Nurses, Big Sur, CA.

July 31, 2005, National Qigong Association: 10th Anniversary Conference, "Qigong: Ancient Path to Modern Health, Boulder Colorado.

April, 2005, Association for Comprehensive Energy Psychology, Transformational Tools for the 21st Century. All day workshop "Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self-Healing," Breakout session "Psychotherapy & Qigong: Partners in Healing Anxiety & other Psychological Disorders," Baltimore, MD.

Jan 18, 2005, Open Secret Bookstore, "Qigong: Ancient Path to Modern Health," Book-signing and Power-point Presentation, San Rafael, California.

October, 2004. Qigong: Ancient Method for Modern Health, National Qigong Association Eastern Regional Conference – Keynote Presentation, Albany, New York. (www.nqa.org)

Aug 30 and 31 2004, *Transitions Bookplace*, Book-signing and Workshop, *Qigong Ancient Path to Modern Health*, Chicago, Il.

August, 2004, *National Qigong Association Conference*, Three presentations: Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self-Healing; Psychotherapy and Qigong: Partners in Healing Anxiety and other Psycho-physiological Disorders; Chairperson: Science and Research Panel, Continuing Education for Nurses, Lake Geneva, Wisconsin, August (see www.nqa.org).

May, 2004, *Psychotherapy and Qigong: Partners in Healing Anxiety and other Psycho-physiological Disorders*, Association for Comprehensive Energy Psychology, Wigwam Resort, Litchfield, Arizona,

December, 2003, *Sixth World Qigong Congress*. Chosen to lead the plenary session of Qigong students, teachers and assembled international Qigong masters in Bodymind Healing Qigong exercises.

December, 2003, *Sixth World Congress on Qigong*, chosen to give a Master's level Workshop, on Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self Healing. Also two other presentations: ; *Psychotherapy and Qigong:: Partners in Healing Anxiety and other Psycho-physiological Disorder; Science and Research Panel*. Continuing Education accreditation for Nurses.

November 2002, *Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self Healing*, Fifth World Qigong Congress, San Francisco, Holiday Inn, Continuing Education for Nurses,

August, 2002, *National Qigong Association*, Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self Healing, Continuing Education for Nurses, Portland Oregon.

2002, *Taking Control of your own Health*, sponsored by Bienestar Inc., presentation by Michael Mayer and Michael Gach on "Self Healing Techniques of Chinese Medicine," Spring Health Faire.

October, 2001. *Experience the Self Care of Chinese Medicine*, Joint Presentation with Dr. Saputo, Michael Gach, and Alex Feng O.M.D., Health Medicine Forum.

June, 2001, *First World Symposium on Self Healing*, Psychotherapy and Qigong: Partners in healing Anxiety and Other Psychological Disorders, Award for outstanding research and contribution to the advancement of mind-body medicine. Sheraton Hotel, Woodbridge, NJ.

July, 2001. *Psychotherapy and Qigong*, Omega Institute, NQA Conference. New York, October 2001.

July 2001, Glenview Holistic Health Center, *Self- healing and Qigong*.

June, 2001. *Qigong: Healing Anxiety and Other Psychological Disorders*, First World Symposium on Self-Healing. Woodbridge New Jersey, Award for outstanding research and contribution to the advancement of mind-body medicine. June, 2001.

March 2001, *Serpent Chi*, Theatre Performance, Yugen Noh Studio, San Francisco,

October 27, 2000. *The Science and Spirituality of Healing Conference*, Special Invitation by Dr. Wayne Jonas, former Director of the National Institute of Health Office of Alternative Medicine to do a Presentation and Position paper for NIH consideration on Qigong and Hypertension,

Sept 8, 2000, *White House Commission on Complementary and Alternative Medicine Policy*, Clinical, Educational, and Research Methodology Considerations for Incorporating Qigong into National Public Health Policy, San Francisco.

June, 2000, *Bodymind Healing with Psychotherapy and Qigong*, Kedem Institute of Interdisciplinary Counseling, Staff Training, Haifa, Israel, *Bodymind Qigong*, Ein Gedi Kibbutz & Health Spa, Ein Gedi, Israel, 2000.

June 2000, *Taiji and Qigong: Ancient Healing Methods*, Tsvat, Israel.

November 1999, *Qigong and Hypertension: An Integrated Perspective on Research and Healing*, Third World Congress on Qigong, San Francisco.

November, 1999, *Energy Medicine: Ancient Roots and Modern Clinical Uses*, Alta Bates Hospital-Grand Rounds.

Sept. 1999, *American College of Traditional Chinese Medicine*, What Does Psychotherapy offer to Acupuncturists?

June & July 1999, *Qigong: A Path to Longevity*, Elder Hostel's Learning Consortium, Vagabond Inn, S.F.

May 1999, *Bodymind Qigong*, 10 week class, Unity Center of Walnut Creek.

1998, *Energy Medicine East and West*, University of California, San Francisco, Medical Center,

March 3, 1998, *American College of Traditional Chinese Medicine*. Qigong and Tai Chi Panel.

1998, *American College of Traditional Medicine Psychotherapy Behavioral Medicine and Qigong*,

April 25th, 1997, *American College of Traditional Chinese Medicine*, Body/mind Qigong, sponsored by the Qigong Institute of San Francisco.

April 1997, First International Conference on The Psychology of Consciousness: Energy Medicine, Qigong for Alleviating Anxiety, sponsored by The National Institute for the Clinical Application of Behavioral Medicine, Monterey California.

1997, John Muir Hospital, Energy Medicine, sponsored by Dr. Harry Down's The Walnut Creek Wellness Center.

June, 1996. Claremont Resort and Spa, Taiji Weekend Adventure, Oakland, CA.,

April 12-13, 1996, Institute of Healing Arts and Sciences, University of California, The Tao of Body/Mind Healing, San Francisco.

December 17, 1995, Healing the Body/Mind with Qigong, The Resource for Complimentary Health, Walnut Creek, Ca..

1995, Rose Street Counseling Center, Tai Chi Chuan, Ongoing classes for four months, Danville, CA.

1994, Training in Qigong and Tai Chi to staff of Eupsychia Institute, Dahloonega Georgia.

1994 & 1992, Summer, A Mythic Journey to the Ancient Healing Sites of Greece, Co-led with Demetra George, traveling symposiums on ancient and modern methods of healing using myth, storytelling body- mind practices including qigong, acupressure etc. Two weeks each in summers of 1992 and 1994.

1992, Alta Bates Medical Center, Asthma, an Integrated Treatment Approach Berkeley, Ca. Hired by Sharon Kman M.S.,C.R.C., M.F.C.C. of Pulmonary Medical Department, Asthma Support Group, Using hypnosis, qigong and psychological processes to aid sufferers of asthma.

1992, Tai Chi & Qigong for Sedentary Office Workers, Mount Diablo Tai Chi Center, Stress reduction techniques for the work environment.

1987, National Conference and Training Institute on Phobias and Anxiety Disorders, An Integrative Treatment Approach to Anxiety and Phobias: Co-sponsored by Langley Porter Hospital.

1982, University of California Extension, Tai Chi Chuan, San Francisco, CA.

Selected Training taken in Tai Chi/Qigong and Oriental Approaches to Healing:

I. Core Tradition: Training in Tai Chi Chuan & Yi Chuan Qigong for three+ decades):

Qigong, Yi Chuan Qigong, and Tai Chi Chuan, with Sifu Fong Ha at the Integral Chuan Institute since 1974. Long form of Tai Chi Chuan 108 movements- left and

right hand sides, Tai chi sword and sabre, push hands, San Sau- 82 movements two persons, Wuji and Yi Chuan Standing Meditation Qigong, 1976-present.

Yi Chuan Qigong and Tai Chi Chuan with Master Sam Tam, Two weekend Retreats, Santa Barbara and Mendocino (2002). Ten other one day workshops at Piedmont Adult School from 2000 through 2014.

Yi Chuan Qigong Medical Qigong workshops with Master Han Jing Chen. Two weekends of Yi Chuan medical Qigong training 2014, 2015. In addition, training with Master Han's advanced students Andrew and Patrick, two one day workshops 2014, 2015.

Yi Chuan (Zhan Zhuang) and Medical Qigong, Master Lam Kam Chuen, Two weekend workshops, May 2013, September 2013.

Wu Dang Mountain Staff Form with Jan Diepersloot. Twenty private lessons in 2013-2014.

II. Selected Other Training:

October 2014, Tai Chi Ruler Workshop, with Ken Cohen, Harbor Point, Marin, CA.

2014 & 2015, Medical Qigong workshop with Master Ted Cibik, Association for Comprehensive Energy Psychology conference, Hyatt Hotel, Reston, VA.

Oct. 2004, Medical Qigong, Master Sat Chuen Hon (author of Taoist Qigong for Health and Longevity), First Annual Taoist Gathering, Oakland Cultural Center.

April ,1999, Tibetan Qigong, Five Element Stake, Master Zisheng Wang, Unity Center.

March 1999, *Chi Lel: Miracles in Natural Healing,* Luke Chan, Fort Mason ,. Methods used by "the world's largest medicine-less hospital- Huaxia Zhineng."

June 20, 21, 22 1998, *Qigong: History Philosophy and Science and External Qi Healing,* Ken Cohen, University of California-S.F.

1980-82, Animal Frolic Qigong, Taoist alchemy, Staff, Pa Kua. *Taoist Philosophy and Health Practices,* with Ken Cohen. Traditions mutually exchanged.

November 1996, *Dragon and Tiger Qigong, Opening the Energy Gates* 1998; Bruce Kumar Frantzis,.

1996, *Healing with Qigong,* Two day workshop with Dr. Effie Chow, Institute of Healing Arts and Sciences, University of California , S.F.

June 29, 1996, *Yin Style Bagua Qigong Healing Workshop*, clinical applications of qigong with Dr Xie Peiqi, Association for Traditional Studies

1985, 1990, *Wu Chi Qigong* with Master Cai Song Fang—Qigong Master of Canton Scientific Research Association and College of Traditional Chinese Medicine, Summers.

1976 and 1977, *Yi Chuan, Standing and Walking Meditation*, with Master Han Xingyuan, Summers.

Workshop with Al Huang, dates unknown.

Workshop with Mantak Chia, date unknown.

Publications on Qigong and Tai Chi (For a more complete listing of [my publications](#) please click the link):

Mayer, M. (2015). [Transforming energy psychology into a comprehensive transpersonal psychotherapy](#), solicited *Blog for the Association for Transpersonal Psychology*.

Mayer, M. 2012, [Tai Chi Chuan: A Postmodern, metaphysical point of view](#), *Tai Chi Chuan & Oriental Arts*, Summer, www.taichiunion.com.

Mayer, M. (2012). *The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times*, Bodymind Healing Publications, 2012.

Mayer, M. 2010, Hypertension: An Integral Bodymind Healing Approach, Natural Standard, February (Peer Reviewed).

Mayer, M. 2009, *Energy Psychology: Self-healing Practices for Bodymind Health*, Berkeley: North Atlantic/Random House.

Mayer, M. (2009) Energy Medicine, *The Qigong Institute*, Article available online, http://qigonginstitute.org/html/papers/EnergyMedicine_EnergyPsychExcerpt.pdf

Mayer, M. (2009). *Energy psychology: Self-healing practices for bodymind health*, Berkeley, CA: North Atlantic/Random House.

Mayer, M. (2009) Bodymind Healing in Psychotherapy: Towards an integral, comprehensive energy psychology, *The Energy Field: The International Energy Psychology News and Articles*, Winter p.13. Available free online: www.bodymindhealing.com/.

Mayer, M., (2008). Mind-Body treatment for anxiety and panic disorders. *California State Journal of Oriental Medicine*, Summer.

Mayer, M. (2007). *Bodymind healing psychotherapy: Ancient pathways to modern health*. Orinda, CA: Bodymind Healing Publications.

Mayer, M. (2005). Qigong: An age-old foundation of energy psychology. *The Energy Field, Association for Comprehensive Energy Psychology*, Vol. 6, (4), Winter

Mayer, M. (2004). *Secrets to Living Younger Longer: The Self-healing Path of Qigong, Standing Meditation and Tai Chi*, Bodymind Healing Publications, Orinda: CA.

Mayer, M. (2004), “Standing Meditation Qigong: What do you stand for?” *The Journal of Qigong in America*, Vol. 1, Issue 1, Summer.

Mayer, M. (2004). “Walking Meditation: Yi Chuan Qigong.” *The Empty Vessel: A Journal of Contemporary Taoism*, Summer, 2004.

Mayer, M. (2004a). Qigong: Ancient path to modern health (DVD of keynote address to National Qigong Association). Orinda, CA: Bodymind Healing Publications.

Mayer, M. (2003), “Qigong clinical studies.” In W. B. Jonas (Ed.), *Healing, intention, and energy medicine* (pp. 121-137). England: Churchill Livingstone. (Peer-reviewed).

Mayer, M., (2000). Bodymind Healing Qigong DVD, Bodymind Healing Center., Dr. Bessel van der Kolk, medical director of Boston University’s Medical Center’s Trauma Department uses Michael’s Bodymind Healing Qigong DVD in his training of trauma therapists.

Mayer, M., (1997), “Standing Meditation: Doing Nothing & Finding Contentment in Being Alight,” Bodymind Healing Center.

Mayer, M. (1996-7), “Qigong and Behavioral Medicine: An Integrated Approach to Chronic Pain,” *Qi: The Journal of Traditional Eastern Health & Fitness*, Vol. 6, No. 4, Winter.,

Selected Radio Interviews, Audios of Presentations:

Sept 10, 2015, 5:30-6:30 pm (PST) *Radio Interview, Qi Talks*, Tai Chi Chuan: Four Dimensions of Purpose. <http://nqa.org/category/qi-talks/>.

May, 2015, Lama Tantrapa, on the online radio show *The Secrets of Qigong Masters*, interviews Dr. Michael on his integrative approach to [Qigong](#), [Energy Psychology](#), [Meditation](#), [Mind-body Medicine](#), and [Psychotherapy](#). (May, 2015). Click here to watch the You Tube video.

November 14, 2007 KEST Radio 1259 AM, Qigong and Hypertension 6:30 AM and 12:30 PM; November 15th Qigong and Chronic Pain, Insomnia and Trauma, November 16, Qigong and Integrative Medicine. Dr. Mayer interviewed by Dr. Len Saputo on three successive days at the same time.

July 8, 2006, *Shrink Rap Radio*, Qigong: Ancient Path to Modern Health, Interviewed by Dr. David van Nuys, www.shrinkrapradio.com/shows.htm, Show #41.

April, 2004, *Qigong: Ancient Method for Modern Health*, An Ounce of Prevention, KEST Radio-Interview by Dr. Len Saputo.

Credentials in Qigong and Oriental Approaches to Healing:

Training in Oriental Approaches to Healing Acupressure Institute: 150 hour Certification Training Program, 1989-1990.

References available upon request from the following people who have kindly said the following:

1. Master Fong Ha, with whom I've trained for 39 years has said (in a back cover quote) about my book, *Energy Psychology: Self Healing Practices for Bodymind Health*,

“In the nineteen seventies Dr. Michael Mayer began his study of Tai Chi Chuan and Qigong with me in Berkeley, California. With continuous diligence, devotion, and skill he grows and ages with me as faithful student and friend. It delights my eyes and warms my heart to witness the masterful way Dr. Mayer integrates the ancient wisdom of the East with the psychotherapy of the West.”

—Fong Ha,
Internationally recognized grandmaster of Tai Chi Chuan & Yi Chuan
Qigong

2. Dr. Wayne Jonas (in a back cover quote) has said about my Book, *Secrets to Living Younger Longer, The Self Healing Path of Qigong, Standing Meditation, and Tai Chi*.

“A wonderful guide for learning the ancient healing practice of Qigong. Full of clear and practical exercises.”

– Dr. Wayne Jonas, Former Director
National Institute of Health,
Office of Alternative Medicine

3. Rick Cannon , Coordinator of Esalen Institute’s Movement Arts Program has said (in a back cover quote for my Energy Psychology book) about my work during the 5 years I taught at Esalen,

“Michael Mayer’s practical synthesis and deep knowledge of Qigong and Tai Chi movement forms has greatly impressed me during my years administering the Esalen Institute Movement Arts Program. Michael traces the roots of these practices back to their origins and presents a very usable as well as spiritual approach to these ancient and very valuable systems. He stands out among the many teachers I’ve met and practiced with and has provided me with insights available from no other teacher. With this book Michael Mayer breaks new ground in the realm of bodymind healing approaches, putting his unique synthesis of ancient healing practices and cutting edge psychology into a highly readable form. This deeply researched, unique, and practical manual will undoubtedly bring life-changing experiences to many readers.”

—Rick Cannon,
Esalen Institute Coordinator, Movement Arts Program

4. Dr. Bessel van der Kolk gave me this quote for my Bodymind Healing Qigong DVD,

“I liked your Bodymind Healing Qigong DVD so much that in the course I taught we started with two or three sections of it every day.”

– Dr. Van der Kolk,
Medical Director, Trauma Center, Boston University Medical School

5. Hana Matt, A teacher of World Religions who has practiced my integrative Bodymind Healing Qigong says (in a back cover quote on my *Secrets...* book),

“I did not go out of our home during the daily terrorist attacks in Israel. I practiced Michael Mayer’s Bodymind Healing Qigong exercises regularly to regain my calm. They relaxed my tight body and took my mind off the stress and worries to be more present for others, to help them deal with their fears and find an oasis of tranquility in the midst of the war zone. I continue to use Bodymind healing Qigong to ease everyday stresses and bring me back to my inner sanctuary of equanimity.”

– Hana Matt, Teacher of World Religions, Graduate Theological Union