

## **Kris Caldwell, Certified Qigong Instructor**

kris@tiantianqigong.com

*on sabbatical in China: Autumn 2007 - present*

### **Highlights**

- Extensively trained in China and the U.S. by internationally renowned Chinese Qigong Masters
- One of only five lineage holders of Turtle Longevity Qigong outside the Wang family
- Founder & director of the Northwest's first school providing training exclusively in medical qigong methods
- The first qigong instructor for Cancer Lifeline and the YMCA of Greater Seattle
- "Behold the Power of Qi: a Guided Qigong Practice with Kris Caldwell" compact disc released 2004
- Trained and experienced in teaching qigong to chronically and critically ill students
- Well-versed in Chinese Medicine theory and principles

### **Teaching Certifications**

Authorized as a lineage holder of Turtle Longevity Qigong  
*(with responsibilities including the preservation of the methods and theories of the Wang Family Turtle Longevity Qigong system and the training and certification of teachers of that form to train and certify teachers)*  
authorized by Master Wang Zhezhong, Beijing

June 2007

Certified to teach Awakening Light Gong

certified by Prof. Chen Huixian, Wisdom and Peace Wellness Center

Oct 2006

Authorized to train and certify teachers of Turtle Longevity Qigong

authorized by Master Wang Zhezhong, Beijing

May 2005

Certified to teach Soaring Crane Qigong Level II

certified by Prof. Chen Huixian, Wisdom and Peace Wellness Center

Oct 2004

Certified to teach 1000 Hands Buddha Qigong Sitting Meditation

certified by Master Liu He, Ling Gui Int'l Healing Qigong School

May 2003

Certified to teach Jade Body Qigong and Liu Family Self-Massage

certified by Master Liu He, Ling Gui Int'l Healing Qigong School

Mar 2003

Certified to teach Turtle Longevity Qigong Level II

certified by Prof. Chen Huixian, Wu Dao Jing She Academy

May 2001

Certified to teach Super Energy Method ("Clapping Hands Qigong")

certified by Prof. Chen Huixian, Wu Dao Jing She Academy

May 2001

Certified to teach Turtle Longevity Qigong Level I

certified by Prof. Chen Huixian, Oregon College of Oriental Medicine

Oct 2000

Certified to teach Self-Acupressure Methods

certified by Prof. Chen Huixian, Oregon College of Oriental Medicine

Oct 2000

Certified to teach Essence Qigong

certified by Prof. Chen Huixian, Oregon College of Oriental Medicine

Oct 2000

Certified to teach Soaring Crane Qigong Level I

certified by Prof. Chen Huixian, Oregon College of Oriental Medicine

Oct 2000

## Teaching Experience

Over 2000 teaching hours to date

Over 2500 students to date (including group presentations; 1000 in-classroom)

An average of 10 classes/week, 1 weekend workshop/month, and 75+ actively training students at any given time

### **Tiantian School of Qigong (Founder and Director)**

**Seattle**

2001 - 2007

- Founded the first qigong school in the Northwest providing training exclusively in medical qigong methods
- Established qigong programs within multiple organizations in Western Washington
- Taught weekly public & corporate classes, weekend workshops, and private lessons in medical qigong methods
- Prepared and provided qigong presentations and demonstrations for organizations throughout the Northwest
- Organized, promoted and hosted beginning-level and teacher-training workshops with guest instructors Prof. Chen Huixian, Dr. Charles Wu, and Teri Applegate, M.Ac. OM, L.Ac.

### **Cancer Lifeline: Soaring Crane Qigong Program**

**Washington**

Jun - Aug 2007

- Evergreen Hospital (Kirkland) 2004-2007
- Cancer Lifeline Eastside (Bellevue) 2004-2007
- Northwest Hospital (Seattle) 2002-2007
- Dorothy S. O'Brien Center (Seattle) 2002-2007
- Cancer Lifeline's regional support groups and special events (Western Washington) 2002-2007
- Lunar New Year Celebration & Qigong CD Release Party Feb 2004

### **YMCA of Greater Seattle: Turtle Longevity Qigong Program**

**Washington**

Apr 2007

- Downtown Seattle Branch, "Flavor of the Month" series 2004 - 2007
- West Seattle Branch, weekly classes and "Mind-Body" Workshops Jun 2006
- Bellevue Branch, Special Seminar 2003 - 2005
- Downtown Seattle Branch, weekly classes Nov 2005
- YMCA Regional "Mind-Body" Expo, Special Seminar Feb 2005
- Meredith Matthews Branch, "Flavor of the Month" series Sep 2004
- YMCA Camp Orkila on Orcas Island, Yoga & Qigong Retreat (Co-instructor)

### **Northwest Hospital Deep Brain Stimulation Department**

**Seattle**

Jan - Apr 2007

- Turtle Longevity Qigong weekly classes for patients with Parkinson's disease

### **Feminist Karate Union Summer Camp**

**Seattle**

Jul 2007, Aug 2006

- Turtle Longevity Qigong for kids aged 4 - 14

### **Puget Ridge Cohousing Association**

**Seattle**

Jul 2006

- Introductory seminar on Turtle Longevity Qigong

### **Cancer as a Turning Point Conference**

**Seattle, Sacramento**

Jul 2006, 2004

Sep 2004

- Presentation on qigong with guided practice for 1000+ attendees, Seattle
- Soaring Crane Qigong demonstration (part of Prof. Chen Huixian's presentation on her experience with qigong as a cancer survivor), Sacramento

### **American Massage Therapy Association (Washington Chapter)**

**Seattle**

Oct 2005

- Presentation on qigong with guided Soaring Crane Qigong practice

### **Safeco Neighborhood Academy**

**Seattle**

Jun 2005

- "Feel the Fear—and Transform" workshop (Co-Instructor with Joanne Factor), Jackson Street and University District branches

### **Providence Hospital Breast Cancer Support Group**

**Everett**

Feb 2005

- Presentation on Soaring Crane Qigong with guided practice

### **A Positive Approach Addiction Recovery Support Group**

**Seattle**

Jan 2005

- Presentation on qigong with guided Soaring Crane Qigong practice

<b>Northwest Hospital Nurses' Retreat</b>	<b>Seattle, Edmonds</b>
• Presentation on qigong with guided Soaring Crane Qigong practice	Nov 2005, 2004
<b>Brain Injury Association of Washington</b>	<b>Seattle, Redmond</b>
• Introduction to qigong with guided Soaring Crane Qigong practice	Aug 2005, 2004
<b>Lotus Yoga</b>	<b>Seattle</b>
• "Yoga & Qigong: Parallel Paths" workshop (Co-instructor with Elizabeth Donahue)	Apr 2005, 2004
<b>South Seattle Community College</b>	<b>Seattle</b>
• Turtle Longevity Qigong weekly classes	2003 - 2005
<b>Washington State Department of Ecology</b>	<b>Bellevue</b>
• Soaring Crane Qigong Level I weekly classes	Feb - Jul 2005
<b>University Baptist Church</b>	<b>Seattle</b>
• Soaring Crane Qigong Level I weekly classes	Oct - Dec 2004
<b>Soul Ease Holistic Day Spa</b>	<b>Kirkland</b>
• 1000 Hands Buddha Sitting Meditation & Self-Massage weekly classes	Mar - Sep 2004
<b>Team Survivor's Annual Breast Cancer Retreat</b>	<b>Ravensdale</b>
• Introduction to qigong with guided Soaring Crane Qigong practice	Jan 2004
<b>Ashmead College</b>	<b>Seattle</b>
• Introduction to qigong workshop	Oct 2004, Mar 2003
<b>Island Fitness</b>	<b>Bainbridge Island</b>
• Turtle Longevity Qigong Level I and II workshops	Jun 2004, Oct 2003
<b>Issaquah High School Food &amp; Fitness Class</b>	<b>Issaquah</b>
• Introduction to qigong with 2002 China trip slides	Jan 2004, Mar 2003
<b>Club ZUM</b>	<b>Seattle</b>
• Turtle Longevity Qigong weekly classes	2003 - 2004
<b>Pure Fitness</b>	<b>Seattle</b>
• Soaring Crane Qigong Level I weekly classes	2002 - 2004
<b>Island Wellness Center</b>	<b>Bainbridge Island</b>
• Introduction to Qigong with guided 1000 Hands Buddha & Self Massage practice	Dec 2003
<b>Washington Satsang Annual Silent Retreat</b>	<b>Mt. Rainier</b>
• Silent guided 1000 Hands Buddha & Self Massage practice	Oct 2003
<b>Strength for the Journey AIDS Retreat</b>	<b>North Bend</b>
• Introduction to Qigong with guided 1000 Hands Buddha & Self Massage practice	Sep 2003
<b>Earth Angel Spiritual Center</b>	<b>Bothell</b>
• Turtle Longevity Qigong and Super Energy Method weekly classes	Oct - Nov 2002
<b>SLCP (now Verbena) "Out to Quit" Smoking Cessation Support Group</b>	<b>Seattle</b>
• Introduction to qigong with emphasis on breathing techniques	Jun 2002
<b>The Nova School</b>	<b>Seattle</b>
• Introduction to qigong with guided 1000 Hands Buddha practice	Mar 2002

## Assistant Teaching

### Tiantian School of Qigong

- Soaring Crane Qigong Level I Teacher Training workshop with Teri Applegate
- Soaring Crane Qigong Level III Program workshop with Teri Applegate
- Genuine Qi Gong workshop with Professor Chen Huixian
- Awakening Light Gong workshop with Prof. Chen Huixian
- Essence Qigong Teacher Training workshop with Prof. Chen Huixian
- External Qigong Healing Techniques workshop with Prof. Chen Huixian
- Soaring Crane Qigong Level II workshop with Teri Applegate

### Seattle

Jun 2004 - 2007  
2003 - 2007  
Mar 2006  
Oct 2005  
Oct 2005  
Oct 2005  
2003 - 2007

### Professor Chen Huixian

- Turtle Longevity Qigong Teacher Training workshop (Chicago)
- Turtle Longevity Qigong Teacher Training workshop (Havi, Hawaii)

### Chicago, Havi

Mar 2005  
Jun 2004

### Oregon College of Oriental Medicine

- Soaring Crane Qigong Level II workshop with Teri Applegate
- Soaring Crane Qigong Level I workshops with Teri Applegate & Prof. Chen Huixian 2000 - 2002

### Portland

Jun 2002

## Training

Over 500 in-class training hours to date

### Independent and Group Travel & Study

- Independent travel to Beijing, Xi'an, Louguantai
- Group travel (hosted by Wisdom & Peace Wellness Center) to Beijing, Simatai, Chengde, Chengdu, Guilin, Shanghai
- Group Study Instructors: Master Wu Jikai, Prof. Yu Xiaofei, Master Ma Chengkai
- Group Study Curriculum: qigong theory and practice, Daoist & Buddhist Philosophy

### China

May - Jun 2007  
May 2007

### Master Wang Zhezhong

- Turtle Longevity Qigong lineage holder training (three intensive trainings)

### Beijing

2007, 2006, 2005

### Master Cao Manliang

- Qigong study and practice, Daoist & Buddhist Philosophy

### Beijing

2007, 2006, 2005

### Professor Yu Xiaofei

- Daoist & Buddhist philosophy

### Beijing

2007, 2006, 2005

### Teri Applegate, M.Ac. O.M., L.Ac.

*Soaring Crane Qigong Lineage Holder, Turtle Longevity Qigong Lineage Holder*

- Mentoring
- Soaring Crane Qigong Seminar: Teaching Chronically & Critically Ill Students
- Soaring Crane Qigong Seminar: Incorporating New Textbook Material
- Soaring Crane Qigong Intensive Review

### Seattle, Portland

2002 - 2007  
Mar 2003  
Mar 2003  
Jul 1999

### Master Zhang Yulei

- Qigong study and practice, Daoist & Buddhist philosophy

### Changli

May 2005

### Wisdom & Peace Wellness Center

- Awakening Light Gong Teacher Training with Prof. Chen Huixian (Seattle) Oct 2006
- Daoist, Buddhist & Confucianist Philosophy with Dr. Charles Wu (Seattle) Oct 2006
- Soaring Crane Qigong Level II Teacher Training with Prof. Chen Huixian (Portland) Oct 2004

### Seattle, Portland

<b>Wu Dao Jing She Academy and International Qigong Society</b>	<b>Portland</b>
<ul style="list-style-type: none"> <li>• Annual Qigong Retreat</li> <li>• Awakening Light Gong with Prof. Chen Huixian</li> <li>• Cosmic Qigong with Prof. Chen Huixian</li> <li>• Jade Woman Qigong review workshop with Master Liu He</li> <li>• Turtle Longevity Qigong Level II Teacher Training with Prof. Chen Huixian</li> <li>• Super Energy Method Teacher Training with Prof. Chen Huixian</li> <li>• Jade Woman Qigong workshop with Master Liu He</li> <li>• Super Energy Method with Prof. Chen Huixian</li> </ul>	2001 - 2006 Oct 2004 Mar 2004 Mar 2002 May 2001 May 2001 Nov 2001 Sep 2000
<b>Ling Gui International Healing Qigong School</b>	<b>Seattle, Portland</b>
<ul style="list-style-type: none"> <li>• 1000 Hands Buddha Teacher Training (Seattle)</li> <li>• Jade Body Teacher Training (Seattle)</li> <li>• Breathwork workshop (Seattle)</li> <li>• Six Sounds Therapy weekly class series (Portland)</li> <li>• 1000 Hands Buddha weekly class series (Portland)</li> </ul>	May 2003 Mar 2003 Jun 2002 Jan - Feb 2002 Jan - Feb 2002
<b>Wisdom &amp; Peace Wellness Center Qigong Study Trip</b>	<b>China</b>
<ul style="list-style-type: none"> <li>• Group travel to Beijing, Luoyang, Xi'an, Chengdu, Kunming, Dali, Lijiang, Xiashankou, Shanghai</li> <li>• Group Study Instructors: Master Ma Chengkai, Dr. Li Shanyu, Dr. Li Jianming, Master Wang Zhezong, Master Wang Jie, Dr. Lin Qinquan, Prof. Yu Xiaofei, Master Zhang Yulei</li> <li>• Group Study Curriculum: Soaring Crane Healing Techniques, Turtle Longevity Qigong, Super Energy Method, Classical Chinese Feng Shui, Digital Therapy, Self-Acupressure, Daoist &amp; Buddhist Philosophy</li> </ul>	Jul 2002
<b>Oregon College of Oriental Medicine</b>	<b>Portland</b>
<ul style="list-style-type: none"> <li>• Teacher Training for Soaring Crane Level I, Essence, Turtle Longevity Qigong, &amp; Self-Acupressure Methods with Prof. Chen Huixian</li> <li>• Level III Program for Soaring Crane, Essence, Jade Body, Turtle Longevity Qigong, &amp; Self-Acupressure Methods with Prof. Chen Huixian</li> <li>• Soaring Crane Qigong Level II with Prof. Chen Huixian</li> <li>• Soaring Crane Qigong Level I with Prof. Chen Huixian</li> </ul>	Oct 2000 1999 - 2000 Jun 1999 Feb 1999
<b>Publications, Recordings, Television Appearances</b>	
<b>Professor Chen Huixian's Autobiography</b>	<b>2007 - present</b>
<ul style="list-style-type: none"> <li>• Editor of Prof. Chen Huixian's autobiography, in progress</li> </ul>	
<b>Awakening Light Gong Textbook</b>	<b>2006</b>
<ul style="list-style-type: none"> <li>• Editor of textbook by Master Liang Guang Hua, translated into English by Prof. Chen Huixian</li> </ul>	
<b>Cancer Lifeline's Documentary</b>	<b>2005</b>
<ul style="list-style-type: none"> <li>• Photographic footage of Soaring Crane Qigong class in session featured in promotional DVD documentary</li> </ul>	
<b>Northwest Hospital's Documentary on Cancer Lifeline</b>	<b>2006</b>
<ul style="list-style-type: none"> <li>• Soaring Crane Qigong class in session featured in DVD documentary</li> </ul>	
<b>KING 5 Television's Documentary on Cancer Lifeline</b>	<b>Apr 2005</b>
<ul style="list-style-type: none"> <li>• Soaring Crane Qigong class in session featured in televised documentary</li> </ul>	
<b>Seattle &amp; Eastside Yoga Magazine</b>	<b>Fall 2004</b>
<ul style="list-style-type: none"> <li>• "Yoga &amp; Qigong: Parallel Paths to Enlightenment" feature-length article</li> </ul>	
<b>Behold the Power of Qi: A Guided Qigong Practice with Kris Caldwell</b>	<b>Jan 2004</b>
<ul style="list-style-type: none"> <li>• Compact disc with introductory information on qigong, guided qigong practice and an interview with selected students; sales benefit Cancer Lifeline's Qigong Program</li> </ul>	

## **Awards**

- YMCA of Greater Seattle “Excellence in Diversity” Award 2004
- Cancer Lifeline’s Dorothy S. O’Brien Award for “Performance Beyond Normal Expectation” 2003

## **Professional Affiliations**

- Wu Dao Jing She International Qigong Society (OR) 1999 - present
- The Qigong Institute (CA) 2003 - 2007
- California Yoga Teachers’ Association (CA) 2003 - 2007
- The Feminist Karate Union (WA) 1998 - 2006
- Qigong Association of America (OR) 2001 - 2005
- National Qigong Association (MN) 2001 - 2003
- International Karate Federation (HI) 1998 - 2001

## **Volunteer Activities**

- Cancer Lifeline: Soaring Crane Qigong Level II weekly practice 2005 - 2007
- YMCA of Greater Seattle, Downtown Branch Guiding Coalition weekly meeting 2003 - 2004
- Wu Dao Jing She International Qigong Society Quarterly Newsletter Design 2001 - 2004

## **Tiantian School of Qigong Donations**

*(Gift certificate for 12 hours training)*

- Clearwater School Annual Auction 2007
- Feminist Karate Union Auction 2005
- The Homelessness Project Annual Auction 2004, 2003
- Japan America Society Auction 2003
- Verbena Soup-R-Bowl Auction 2003
- Fundraiser for Sally Kirk 2003

## **Relevant Additional Studies, Training & Skills**

- Independent study of Chinese Medicine theory 1997 - present
- Independent study of Mandarin Chinese 1997 - present
- Mandarin Chinese with Liu Dan at the Washington Academy of Languages 2006 - 2007
- Red Cross-Certified Professional CPR Rescuer 2004 - 2007
- Red Cross-Certified for First Aid 2004 - 2007
- YMCA Child Abuse Prevention Training 2004 - 2007
- Mandarin Chinese and Chinese Calligraphy with Professor Chong Lusheng 2001 - 2002
- Shito-Ryu Karate at the Feminist Karate Union, blue belt 1998 - 2000
- Transcendental Meditation Initiation and Training 1987

*References available upon request*