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Presentation by Joel Ronningen

An Introduction to Dragon and Tiger Medical Qigong

Dragon and Tiger Medical Qigong is a 7 movement integrated set for balancing and clearing your bodily systems and is frequently used in China to help regain or retain health. It is an excellent introduction into the basics of the Energy Arts system, a Taoist Water Method school of internal arts founded by lineage holder Bruce Frantzis.

Joel Ronningen has been in the bodywork field since 2000, and specializing in John Barnes Myofascial Release since 2008. He has also spent the last 25 years reading about and practicing various modalities of spiritual growth, meditation, and energy work. When he found Bruce Frantzis' Energy Arts system, everything came together into a coherent system of practice.

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