



November 27, 2017

Dear NCNM/NUNM graduate,

I want to make sure you know about a two-week cultivation intensive that Tamara Staudt, ND, LAc has been leading for the past seven years. It's called the "Shan Ren Dao Retreat", and is rooted in a powerful 5-element system of emotional healing.

A little background on how we came upon this work: Many of you have either met Dr. Liu Lihong, or know who he is. A student of Professor Wang Qingyu, we met him on the China Trip in 1997. Since that time, Dr. Liu has published *Sikao Zhongyi* (Contemplating Chinese Medicine), a best-selling book advocating for a return to the classical roots of Chinese medicine. Now one of the most renowned Chinese medicine practitioners in mainland China, he is the Director of the Center for the Clinical Study of Classical Chinese Medicine at the Guangxi College of TCM. As such, he has investigated numerous lineages and systems of practice throughout mainland China over the past decade. He considers the Shan Ren Dao work, which he encountered in the northern provinces of China, to be of critical importance if one is to access the root of chronic disease in modern patients (including ourselves).

Dr. Liu has promoted the Shan Ren Dao (SRD) work in China, and has encouraged us to do the same in the United States. Heiner participated in an SRD retreat in China in 2009, and helped to organize the first SRD retreat for foreigners in China in 2010. Tamara and I joined a group of NCNM students/alumni, as well as practitioners from around the world, as participants in this retreat. We had the incredible blessing of having Jinjing Gong lineage holder Professor Wang Qingyu join us as well. We have all been deeply touched by these teachings, and have been motivated to hold one retreat per year in the U.S. since that time. With the exception of the 2012 retreat, which was led by Dr. Liu, the rest have been led by Tamara. She has made the teachings a central focus of her personal and professional life; I am continuously inspired by her ability to stay true to the teachings while making them highly accessible to a western audience.

I've attached the flyer and application for this year's retreat, which runs from Friday June 29th through Saturday July 14th. We encourage you to consider it for yourself or any patients/family/friends you think would benefit from this work. It's truly transformative, and can lead to rapid healing of chronic ailments. The retreat has been submitted for 97 hours of CEU's by the OBNE (including 2 hours of ethics) and is approved for 55.5 hours of PDA's by NCCAOM. No prior knowledge of Chinese (or any) medicine is necessary.

Please contact me (lregan@nunm.edu) or Tamara (tstaudt@nunm.edu) with any questions.

Wishing you well!

Laurie Regan, PhD, ND | Dean of Classical Chinese Medicine
(503) 984-9197