

FACT SHEET

TITLE: **QI GONG: THE FLOW CONTINUES™**
[TV-G] [CC] [Stereo]

LENGTH: 1/30; 1/60

NOLA CODE: QGFL

CATEGORY: How To / Self Help

OFFERED: Premium Service 18 offer, June 2007

RELEASE DATE: November 23, 3007

CONTRACT TERMS: Unlimited use through December 31, 2009

PROGRAM SUPPLIER: Exercise to Heal, LLC

PROGRAM DESCRIPTION: In this hyper-fast world, the ancient practice of Qi Gong will keep your body, mind and spirit in perfect balance. Qi Gong originated thousands of years ago as a way to establish a strong foundation of health through one complete workout. Master instructor Lee Holden brings this powerful “moving meditation” into the 21st century. Against the stunning backdrop of a mountain lake, Holden takes you through QI GONG: THE FLOW CONTINUES™. Perfect for all fitness levels (even absolute beginners), these soothing, gentle motions work their time-tested magic to clear stress, build strength and flexibility and restore the body's natural healing energies.

PROMOTIONAL MATERIALS: Use the above program description for guide listing. A press kit, including fact sheet, press release and biography of host Lee Holden will be posted to PBS Connect and APTonline.org. Color photos will be available via email and on APTonline.org.

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PRODUCTION CREDITS: Executive producers: Lee Holden, Lesley Workman, Doug Broomfield
Director: Kevin Painchaud
Editor: Drew Kutlik

BROADCAST HISTORY: U.S. Television Premiere

RELATED MERCHANDISE: Individual viewer purchase:
DVDs/CDs are available through
www.ExerciseToHeal.com.

Pledge:
Qi Gong The Flow Continues™ – DVD;
7 Minutes of Magic: AM & PM Routines– DVD;
Qi Gong for Seniors™ – DVD;
Qi Gong for Healthy Joints & Bones™ - DVD

VIEWER INQUIRIES: American Public Television
Viewer Services
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PRESS RELEASE

Join Lee Holden for another expert session of stress-relieving, energy-reviving exercise in **QI GONG: THE FLOW CONTINUES™**

Lee Holden's first public television special, **QI GONG FOR BEGINNERS**, introduced America to the invigorating benefits of qi gong (pronounced "chee gong"), an ancient Chinese discipline that has helped millions to relax, recharge and get fit. American Public Television's new pledge special, **QI GONG: THE FLOW CONTINUES™**, airing on public television beginning November 23, 2007, brings viewers a new, invigorating session of this enjoyable and easy exercise. Qi gong teaches you to mirror the movements of nature, especially the fluidity of water, to help reduce stress, assist in alleviating ailments and cultivate energy. Participation along with the program will leave viewers feeling fit and relaxed.

Lee Holden, a licensed Doctor of Chinese medicine, acupuncturist, herbalist, writer and instructor, returns as host of **QI GONG: THE FLOW CONTINUES™**. His education in holistic wellness combined with his experience working with tao master Mantak Chia and self-improvement leader Deepak Chopra have provided him with an in-depth knowledge of qi gong. Initially beginning the practice of qi gong to improve his performance as a varsity athlete at the University of California at Berkeley, and later, to recover from a career-threatening back injury, Holden has first-hand experience with qi gong's healing benefits. He stresses that this discipline helps practitioners absorb energy from nature into the body and activates and circulates chi, or internal energy, helping heal a variety of ailments – including his own back.

During the program, Holden moves through a series of exercises, set in a beautiful and calming mountain lake. Because qi gong focuses on the flow of water, the lake serves as a visual reminder to practitioners. Just as the creek's flow is gentle,

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smooth and rhythmic, the body's flow becomes gentle, smooth and rhythmic while practicing the movements. Holden demonstrates movements such as "Pulling Up the Earth," an exercise that draws energy into the body, recharging the spirit and relaxing the mind. His additional demonstrations focus on the core qi gong movements – all of which help practitioners achieve a dynamic tranquility where the body is in motion, but the mind is centered, focused and relaxed.

"Qi gong has improved quality of life and health for millions of people throughout the world, and I'm thrilled at the opportunity to share this time-honored practice with the American Public Television audience. Qi gong has had a powerful effect in my life, health and vitality, enabling me to return to athletics after a serious back injury, and I look forward to the day when more Americans will regularly benefit from the practice," says Holden.

Qi gong delivers a complete body, mind and spirit workout. Viewers who join along in the practice will improve their flexibility, clear stress and calm the mind.

QI GONG FOR BEGINNERS is supplied by Exercise to Heal, LLC. The program is executive produced by Doug Broomfield, Lee Holden and Lesley Workman, and directed by Kevin Painchaud. APT's Premium Service distributes the program to public television stations nationwide.

About American Public Television

For 46 years, American Public Television (APT) has been a prime source of programming for the nation's public television stations. APT distributes more than 300 new program titles per year and has 10,000 hours of programming in its library. It is responsible for many public television milestones including the first HD series and the 2006 launch of the Create channel featuring the best of public television's lifestyle programming. APT is known for its leadership in identifying innovative, worthwhile and viewer-friendly programming. It has established a tradition of providing public television stations with program choices that strengthen and customize their schedules, such as *Winged Migration*, *Battlefield Britain*, *Globe Trekker*, *Rick Steves' Europe*, *Great Museums*, *Jacques Pépin: Fast Food My Way*, *America's Test Kitchen From Cook's Illustrated*, *Broadway: The Golden Age*, *Lidia's Family Table*, *California Dreamin' – The Songs of The Mamas & the Papas*, *Rosemary and Thyme*, *P. Allen Smith's Garden Home*, *The Big Comfy Couch*, *Monarchy With David Starkey*, and other prominent documentaries, dramatic series, how-to programs and classic movies. Press should contact Kerry Taylor at 617-338-4455 ext. 121 or email Kerry_Taylor@APTonline.org. For more information about APT's programs and services, visit APTonline.org.

BIOGRAPHY

LEE HOLDEN

Lee Holden is an internationally known instructor in meditation, tai chi and qi gong, lecturing and teaching workshops in the United States, Europe and Asia. Qi gong is a form of energy-enlivening exercises originating in China. Practiced by millions around the world (and over 80 million people in China), qi gong delivers a complete body/mind/spirit type of workout. In the United States, many of the health and fitness experts are calling qi gong the “new yoga.” Qi gong is an excellent method to develop strength and flexibility, increase energy, boost the immune system, clear stress and calm the mind.

Holden is the founder of Pacific Healing Arts, one of Northern California’s most successful wellness practices, which is dedicated to promoting overall health and well-being by providing the highest quality treatment, education and consultation.

Holden’s newest program, **QI GONG THE FLOW CONTINUES™**, was created in conjunction with Exercise To Heal, LLC, building on the popularity of Holden’s earlier programs. American Public Television will distribute **QI GONG THE FLOW CONTINUES™** and three companion titles to public television stations beginning in November 2007. Companion titles include **7 Minutes of Magic: AM & PM Routines** (DVD), **Qi Gong for Seniors™** (DVD), and **Qi Gong for Healthy Joints & Bones™** (DVD).

Holden’s first program, **QI GONG FOR BEGINNERS**, along with three sister titles, introduced the powerful practice of qi gong to a wide audience. Released by Exercise To Heal, LLC, **QI GONG FOR BEGINNERS** was distributed to public television viewers through American Public Television. Companion titles addressed specific healing needs: **Qi Gong for Upper Back and Neck Pain**, **Qi Gong for Low Back Pain** and **Qi Gong for Stress**.

An accomplished athlete with a childhood fascination for martial arts, Holden discovered the practice of qi gong in conjunction with efforts to achieve peak sports performance. Lee attributes his successes as an award-winning varsity high school athlete in track, football and soccer to the practice of qi gong. As a varsity soccer player at Berkeley, Lee injured his back and was told he would never play soccer again. Turning to qi gong, Holden was back on the soccer field within a month. Lee continues to participate actively in a variety of recreational sports, including rock climbing and beach volleyball.

Holden brings to his practice passion, depth of knowledge and diversity of experience, including international study and teaching; editing, writing and consulting

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in conjunction with leading experts; and extensive athletic training and accomplishment. He currently teaches at the Five Branches Institute for Chinese Medicine and the Twin Lakes College of Massage and is the founder of Pacific Healing Tao. Holden is also the chief editor for Master Mantak Chia (the world's foremost qi gong expert) working on numerous media and book projects such as *Tao Yin: Exercises for Health, Revitalization, Longevity, Sexual Reflexology, Six Healing Sounds, Inner Smile and Cosmic Fusion*. Mr. Holden has facilitated the workshops "Seduction of Spirit" and "Mind/Body Medicine with Deepak Chopra" in San Diego, California, and he was the wellness director, stress-management consultant and acupuncturist with Rob Schneider and Adam Sandler on the motion pictures *The Animal* and *Deuce Bigalow: Male Gigolo*.

Holden also works as a stress management consultant to many corporations in Silicon Valley, including Apple, 3COM and Cisco. Holden's video *Tai Chi for Fitness* has been featured on television shows and numerous magazine articles. Holden is a graduate of U.C., Berkeley, with a BA in Psychology. A "Doctor of Chinese Medicine," Holden is also a graduate of Five Branches Institute in Santa Cruz, widely considered the leading acupuncture college in the U.S.

For more information on Lee Holden, visit: www.ExerciseToHeal.com.

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