



Dear Friends in Qi,

On November 15, 2017, please join me and the Healer Within Foundation as we celebrate our Community Practice Groups. This is the 35th anniversary of Santa Barbara's longest ongoing Qigong and Tai Chi Community Practice Group (CPG.) For 35 years, this Community Practice Group has been going on in some form. It began as an offering from my own acupuncture clinic when I led the group every week. Then, it was "hosted" by the acupuncture school where I taught acupuncture students to include Qigong in their practice. Then, it was offered by Santa Barbara City Parks and Recreation, and then it was temporarily sustained through HUD funding when HUD provided practice space. Throughout the group's life, enthusiastic citizens and health patriots gave generously to the community by leading practice or attending these sessions.

For the last 24 years, the weekly Santa Barbara Community Practice sessions have been led robustly by Dennis Furuike and invited guest leaders -- every Wednesday from 10:30 am to 11:30 am, at the Buddhist Church of Santa Barbara, and sponsored by the Healer Within Foundation for the last 15 years.

Community Practice Groups support the growth and longevity of the ancient self-healing modalities of Qigong and Tai Chi. Small groups of people coming together have been the key. Through practice, these groups boost their immune system, relieve stress, and even experience social support. With a positive attitude and consistent practice, an entire community can experience a benefit. Passionate and dedicated practice leaders like Dennis Furuike and his wife Setsuko, who enthusiastically have shown up every week to set up the space and have a practice session make such a difference. The most profound medicine is created within when we do the breath, movement, meditation and self-massage practices of qigong, and sharing these practices with others can have a significant impact in a local community and the world.

The Healer Within Foundation has been cultivating the community practice model. Over thirty-five successful Community Practice Groups have sprung to life around the world, shining light on the goal to "Train thousands to improve the health of millions."

You can help us commemorate this special anniversary and help us sustain the spirit of community practice groups and expand the vision of more people choosing to practice and cultivating wellness. You can make a personal donation of \$35 to celebrate 35 years by joining our [event team](#) or start up a community practice in your community or get a shirt or come to the Community Practice Celebration in Santa Barbara on November 15. It is individuals like you who have made all the difference!

For being with us on this journey of health and wellbeing for all beings, we thank you and wish you abundant blessings!

A handwritten signature in black ink that reads "Roger".

Dr. Roger Jahnke, OMD
Co-Founder of the Healer Within Foundation