



Programs Available for International Television Licensing*

Qi Gong Flow for Beginners™ with Lee Holden (Featured on PBS stations)

Filmed in a lush riverbed setting, this program provides a gentle moving meditation that releases tension and cultivates energy. This simple, powerful routine is performed standing, but viewers can also follow along seated on a couch or chair.

Total running time: 30 minutes.

Qi Gong for Stress™ with Lee Holden (Featured on PBS stations)

Views will ease the chronic effects of busy lives with the gentle, flowing movements of Qi Gong. Lee Holden guides the audience through a serene, relaxing workout that transforms stress into a healthy source of energy. Most of the exercises are performed standing, while a few movements are done seated or lying down. Filmed in lush riverbed setting.

Total running time: 40 minutes.

Qi Gong for Upper Back & Neck Pain™ with Lee Holden (Featured on PBS stations)

Computers, cell phones and too much pressure from everyday life can create tension, stiffness, and pain in our neck and upper back region. Gentle, flowing routine specifically provides relief from this all-too-common problem area. Includes exercises performed seated and standing. Filmed in riverbed setting.

Total running time: 40 minutes.

Qi Gong for Low Back Pain™ with Lee Holden (Featured on PBS stations)

This program builds strength, alleviates pain, and clears tension in the lower back, as well as throughout the entire body. Performed standing, lying down, and seated. Filmed in riverbed setting.

Total running time: 50 minutes.

Qi Gong: The Flow Continues™ with Lee Holden (Featured on PBS stations)

Master Tai Chi and Qi Gong instructor Lee Holden has adapted this ancient, powerful "moving meditation" for the 21st century. Perfect for all fitness levels (even absolute beginners), these gentle motions clear stress, build strength and flexibility, and restore the body's natural healing energies. Exercises are performed standing, but most can be modified for couch or chair. Filmed on beautiful Lake Tahoe, Nevada, with snow-capped mountains in background.

Total running time: 32 minutes.

7 Minutes of Magic: AM & PM Routines™ with Lee Holden (Featured on PBS stations)

This program includes five breakthrough routines varying from 7 to 15 minutes, blending the best of Qi Gong and yoga in a highly effective mix that delivers results, fast. Filmed on Lake Tahoe, Nevada.

Total running time: 60 minutes.

Qi Gong for Seniors™ with Lee Holden (Featured on PBS stations)

Viewers will add years to their lives AND life to their years with the ancient art of Qi Gong. This unique program is specifically designed to restore youthful vigor, energy, and overall well-being. All exercises are performed standing or seated. Filmed on Lake Tahoe, Nevada, with snow-capped mountains in background.

Total running time: 35 minutes.

Qi Gong for Healthy Joints & Bones™ with Lee Holden (Featured on PBS stations)

This simple, effective Qi Gong routine oils the joints and bones, stretches the muscles, and provides the benefits of yoga with greater ease. Exercises are performed standing or seated. Filmed on Lake Tahoe, Nevada.

Total running time: 40 minutes.

Qi Gong for Weight Loss™ with Lee Holden (Soon to be featured on PBS stations)

This Qi Gong DVD features two routines, one that will get anyone's heart pumping -- and one for those who haven't gotten off the couch much in recent years. Exercises performed standing and on the floor. Filmed on Lake Tahoe, Nevada.

Total running time: 50 minutes.

Qi Gong for Healthy Digestion™ with Lee Holden

Lee Holden has created a unique Qi Gong sequence for strengthening this energetic center of the body. Through gentle, fluid movements viewers stimulate internal organs and create a strong metabolism. Filmed on Lake Tahoe, Nevada.

Total running time: 35 minutes.

Floor Stretching for Seniors™ (Available Q3 2009) with Karen Holden

Stretching is essential to maintaining flexibility, youthfulness, and overall good health. Host Karen Holden (Lee Holden's mother) guides viewers through a gentle floor stretching routines. Filmed on Lake Tahoe, Nevada.

Total running time: 30 minutes.

Qi Gong Intermediate Practice™ (Available Q4 2009)

Viewers will take their Qi Gong practice to the next level with this program. Offers more challenging Qi Gong movements but not out of reach for beginners. Filmed on beautiful Lake Tahoe setting in Nevada.

Total running time: 40 minutes.

*Running times are approximate. Programs can be edited to 30-minute length. Please contact us for specific details regarding each program and availabilities.

About Lee Holden

Lee Holden is an internationally known instructor in meditation, Tai Chi, and Qi Gong. Lee's television and DVD programs, produced by **Exercise To Heal** and distributed in conjunction with American Public Television, have reached millions of viewers in the US and Canada. **Qi Gong for Beginners™** and **Qi Gong: The Flow Continues™** with Lee Holden have aired on at least 105 PBS stations nationwide, reaching over 50 million households.

Lee lectures and teaches workshops across the U.S., as well as in Europe and Asia. Holden first discovered tai chi and Qi Gong in his quest to achieve peak sports performance as a varsity soccer player at the University of California, Berkeley. Lee has worked closely with Deepak Chopra and many corporations in Silicon Valley, including Apple and 3COM. Lee lives in Santa Cruz, California, with his wife and twin daughters. Qi Gong Master Lee Holden has been featured on American Public Television & PBS stations throughout the U.S.

For More Information

Mark Rudolph, International Licensing

Mobile -- 323-684-6900 / **Email:** rudolphml@yahoo.com