

BIOGRAPHY AND BACKGROUND: DONNA TILTON

Donna has been teaching Transformational Classes for Body, Mind & Spirit for ten years in Adult Educational Programs in local high schools, college, and businesses in MA and NH, and is the owner of Natural Health Products & Services, Plaistow, NH. She is currently studying for her B.S. in Natural Health.

Donna has been a Reiki Master Teacher since 2002, has completed a variety of courses and holds certificates in:

- Integrated Energy Therapy (IET)—Advanced Practitioner
- Pranic Healing, Advanced Pranic Healing, Pranic Psychotherapy, and Pranic Crystal Healing—Studied with Master Stephen Co, author of “*Your Hands Can Heal You*”
- Higher Clairvoyance Development, Arhatic Yoga Preparatory Level, and Buddhism—studied with Grandmaster Choa Kok Sui, author of the above Pranic Healing Books and Courses, and Founder of the Institute for Inner Studies, Inc.
- Acutonics II (using tuning forks on the meridians)
- Aromatherapy
- Basic Kundalini Yoga
- Completed Singing Bowls Master Level III Program w/Mitch Nur, PhD, and practiced sound healing & toning with a healer from India
- Took workshops with several herbalists, including Eliot Cowan, author of “*Plant Spirit Medicine*”
- Donna has trained in meditation techniques, including Qigong, Yoga, & Alpha Meditations, Micro/Macrocosmic Orbit, Merkaba, etc.
- Donna has also Learned Laying on of Hands & Stones for Chakra Balance from a Shaman

Donna has completed three levels in Chinese Energetic Medicine with Dr. Kam Yuen, Founder of the Yuen Healing Method and author of several books; Martial Arts Grandmaster and teacher of David Carradine, the actor. Dr. Yuen was the Martial Arts technical advisor for the original “Kung Fu” TV series, and performed the complex Kung Fu stunts on the show. Dr. Yuen left Martial Arts to teach people energetic healing techniques.

Donna has been practicing Qigong and Martial Arts for five years with Grandmaster Dr. Yang Jwing-Ming, a renowned author and international Chinese Qigong & Martial Arts Grandmaster Instructor, who has established 55 schools in 18 countries, written and published over thirty books and produced 60 DVD’s and videos. Grandmaster Yang’s awards include: Inside Kung Fu Magazine’s “Man of the Year” in 1990 and 2007; in 1999, Inside Kung Fu named him as one of the top people who have “made the greatest impact in martial arts in the past 100 years.” In 2003, Black Belt Magazine recognized Dr. Yang as “Kung Fu Artist of the Year”.

Donna teaches Taijiquan (Tai Chi), plus Qigong, and has taken, and has taken the following classes with Grandmaster Dr. Yang, Jwing-Ming: Taijiquan, Narrow Blade Sword, Seize & Control (aka Shaolin Chin Na), Healing Qigong, Pushing Hands, Four Seasons Qigong, Eight Pieces of Brocade, Taiji Ball, Taiji Qigong, Soft & Hard White Crane Qigong, Five Animal Sports, and Taijiquan Martial Applications. She completed all 8 seminar levels in Qigong with Dr. Yang at his YMAA Boston Headquarters, these levels included: Basic Qigong Theory, Medical Qigong, Hard Qigong (External Martial Arts), Soft Qigong (Internal Martial Arts), General Qigong Massage, Tui Na, Dian Zue and Qi Massages, Small and Grand Circulation (Internal Elixir Qigong - also known as Taoist Meditation or Micro/Macrocosmic Orbit), and Muscle/Tendon Changing & Marrow/Brain Washing Qigong - these high Qigong practices were originated by Da Mo in the Shaolin Temple for health, longevity and to help the spirit reach enlightenment. She has also practiced Taijiquan, Classical Yang Style - Long Form, and Tai Chi Continuation & Push Hands, with Paul Blake, one of Grandmaster Yang's instructors, and she continues to refine her Taijiquan.

Donna has also taken classes on Taiji, Beginning Bagua, Fire Dragon Qigong, and Qi Calligraphy, with Grand- Master Yuanming Zhang, an international teacher of Martial Arts, Qigong, and Chinese Traditional Medicine.

In addition, she took a Chi Kung - Tai Chi class with Eugene Gaudreau, an international instructor, who has taught that class in the Adult Evening Division at Timberlane High School, Plaistow, NH.

Donna has studied different religions, mystical sects, and philosophies, which include Taoism, Buddhism, Hinduism, Sufism, Christianity, Gnosticism, Kabbalism, Hawaiian Mysticism, Ancient Egyptian and Greek Mythology, Shamanism, Native American Indian Traditions, and Old Nature Religions.