

# SPRING FOREST QIGONG INSTITUTE

## Launching our First Year Annual Report 2016

**Mission:** *To optimize wholeness and life force through universal access to the wisdom of Spring Forest Qigong.*

### Accomplishments & Highlights

**58 Trained**  
in Level 1 & 2 SFQ

**260 Attendees**  
at Practice Group  
Sessions

**5 Presentations**  
to the Community  
**226 in Attendance**

**120 Lives**  
Impacted Through  
Access to SFQ

#### Launched

- New Website
- Newsletter
- Two Pilot Programs
- Health Promotion Workshops

#### Programs

- Little Earth of the United Tribes
- Resource Inc.

#### New Funding

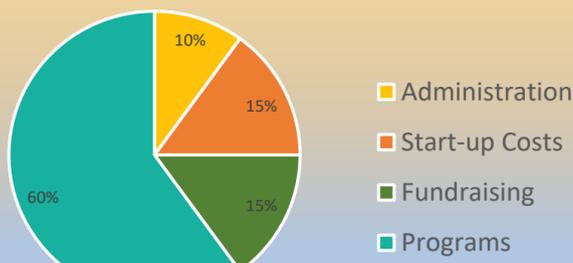
- Catalyst Initiative of the Penny George Foundation
- The John Mondati Foundation
- Parker Foundation
- 15 New Individual Donors

#### Community Presence

- Gilda's Club
- Midwest Health Promotion Conference
- Pillsbury United Communities
- UCare

#### Financials

Breakdown of Expenditures



In the first year of operations, the Spring Forest Qigong Institute raised funding for operations, programs, and outreach from 27 donors including 15 new donors.

Additionally, two new foundations supported the early programming work and community outreach to bring SFQ to those without access.

**Thank you** to our donors and foundations who recognize the importance of the Institute's work as well as the practitioners and volunteers who delivered expertise, kindness, and energy to move the organization into the world in the first year of operation.

Moving forward be a part of the Spring Forest Qigong Institute.

**Donate, volunteer, spread the word today!**

#### Shifting Energy at Resource Inc.

After five months of practice groups and training, leaders at nonprofit Resource Inc are noting a difference.

Clients who are working through issues of addiction, mental health, and prison reentry are integrating SFQ into their lives to relieve stress, anxiety, and increase interpersonal sensitivity. In-house led practice groups are multiplying and social workers are noticing a change. One client stated through tears *"I have been an addict for 40 years without a lot of hope. I now pause and use SFQ to work through anger and make better choices. I feel hope"*.

#### Opening Hearts at Little Earth

*"Hey, just wanted let you know just how much of an impact you had on the youth...we literally talked for two hours after you left about their personal experiences and thoughts...first real meaningful connection with them, was awesome. We even have some that want to know and do more with Spring Forest Qigong"*.

- Youth Director, Little Earth of the United Tribes, following first practice group session on site.



**Want to learn more? Visit our website and sign up for our newsletter to stay informed on programs and opportunities to get involved!**

**Thank you to all of our supporters!**



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Springforestqigonginstitute.org