

Chris Laseter, DO

*Osteopathic Physician &
Founder of Meditative-Exercise*

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Meditative-Exercise & Movement as Medicine

Are systems of personal cultivation for health, energy and self-actualization combining elements of meditation, exercise and self-adjustment. I have been teaching classes & workshops for over 10 years.

Appearances

MultiDimensional M.D. Podcast

Arlene Dijamco, M.D.
2020

- Meditative-Exercise Interview

Additional Training

Qigong

Master Shuren Ma

- Qi Projection & Group Healing
- Yiquan & Tibetan Standing Meditation

Qigong

Dr Wanpin Zheng

- Qigong Healing
- Spontaneous Movement Qigong

Skills

- Qigong, Neigong
- Meridian-based healing
- Silent illumination Meditation
- Internal Martial Arts

Training & Experience

Qigong

Master Zhingxian Wu
2019-Present

- Emei Taoist Qigong Since 2019
- Shaking, 5 Needle, Microcosmic Orbit, and seasonal 5-Elements Qigong

Qigong & Meditation

Grandmaster Sam Tam
2008-2019

- Soaring Crane, 5 Animal Form Qigong
- Yiquan Standing Meditation, Push Hands, Fa Jin
- Yang-Style Taijiquan: Sword, Staff, Fan, Form, Push Hands, Fa Jin
- Meridian-Based Qi Healing

Ba Gua Zhang & Qigong

Master Greg Hatza
2005-2008

- Under Master Park Bok Nam

Qigong & Meditation

Master Fong Ha
1990-2005

- Yiquan and Wuji-Style Standing Meditation
- Ba Duan Jin
- Seated Meditation