
BIO FOR ANA ENZ, CO-FOUNDER OF TRILOKA

MEDICAL QIGONG THERAPY

Primordial Chaos Qigong (Healing Applications):

- Grandmaster Duan Zhi Liang - Beijing, China 2011

Hua Shan Lineage Daoist Healing Qigong: Eva Wong - San Francisco, CA.

- Levels 1 & 2 2010

Energetic Traumatology:

- International Institute of Medical Qigong, Monterey, CA. 2010

Medical Qigong: Dr. Jerry Alan Johnson - International Institute of Medical Qigong, Pacific Grove, CA.

- Review of Medical Qigong Therapist coursework: 2009-2010
- Review of Medical Qigong Practitioner coursework: 2009

Medical Qigong: Dr. Gideon Enz – Santa Clara, CA.

- Review of Medical Qigong Practitioner coursework: 2008-2010

Medical Qigong: Natures Path Center, Dr. Seth Leftkowitz, San Jose, CA.

- Master of Medical Qigong Therapy (MMQ) Awarded 2008
- Master of Medical Qigong Therapy, Theory & Training 2006-2008
- Medical Qigong Practitioner (MQT) awarded 2006
- Medical Qigong Practitioner (MQP) awarded 2004

MARTIAL ARTS

Yang Style Taiji: Sifu Gideon Enz, Los Gatos, CA.

- 13 posture form: Movement, Structure, Applications 2010-present
- 37 posture Cheng Man Ching form Movement, Structure, Applications 2008-2012
- Sifu Training (martial qigong, neigong, Hua ching, metaphysical boxing) 2010-present

Eight Immortal Sword:

- Sifu Gideon Enz, Los Gatos, CA. 2009-present

Primordial Chaos Qigong:

- Sifu Gideon Enz, Los Gatos, CA. 2009-present

Primordial Chaos Qigong (martial applications):

- Grandmaster Duan Zhi Liang- Beijing, China 2011

Primordial Chaos Qigong (weapons applications):

- Grandmaster Duan Zhi Liang- Beijing, China 2011

Yang Style Taiji: Sifu Charles Ganzon, Monterey, CA.

- 37 posture form: Movement & Structure 2008 - 2010

Nei Gong: Sifu Gideon Enz, Boulder Creek, CA.

- Intermediate level: 2007
- Beginning level: 2006

Wilderness Survival: Brian Conroy, Santa Cruz, CA. 2007-2008

YOGA

Yin Yoga Teacher Training Paulie Zink:

- Level 1 – Santa Monica, CA. 2013

Daoist Yoga:

- Gideon Enz, Los Gatos, CA. 2011-present

CLINICAL TRAINING

Herbs and Herbal Formulation in Classical Chinese Medicine:

- Grandmaster Duan Zhi Liang - Beijing, China 2011

Advanced Medical Qigong Clinical Internship:

- Dr. Jerry Alan Johnson - International Institute of Medical Qigong, Monterey CA. 2009-2010

Massage Therapy: Twin Lakes College of the Healing Arts, Santa Cruz, CA.

- Shiatsu 2009
- Thai massage review 2009
- Thai massage 2007
- Swedish 2007
- Polarity Therapy 2007

Medical Qigong Clinical Internship:

- Natures Path Center, Dr. Seth Leftkowitz, San Jose, CA. 2006-2008

Tuina (Chinese Therapeutic Massage):

- Natures Path Center, Dr. Seth Leftkowitz, San Jose, CA. 2007

East-West Herbology: Dr. Michael Tierra & Dr. Leslie Tierra - Ben Lomond, CA.

- Herbal Studies Intensive, Intermediate Level 2010
- Herbal Studies Intensive, Foundation Level 2008
- East West Herb Course (Theory & Practice) 2004 - present

MEDITATION & PERSONAL DEVELOPMENT

Vipassana 5 day Retreat: IMS Staff

- Jikoji Zen Center, Los Gatos, CA. 2011

Nyingma Meditation and Spiritual Practice: Lama Larry Short

- Monterey, CA. 2008-2010
- Taos, NM. 2009

Daoist Mysticism:

- Temple of the Celestial Cloud, Jerry Alan Johnson, Monterey, CA. 2009-2010

Introduction to Meditation:

- Dr. Gideon Enz, Hakone Gardens, Saratoga, CA. 2007

Landmark Education: San Jose, CA.

- Introduction Leaders Program, 2007
- Communication: Power to Create, 2007
- Communication: Access to Power, 2007
- Advanced Course review, 2007
- Advanced Course, 2001
- Landmark Forum, 2000

TEACHING EXPERIENCE:

Triloka Living Qigong Course (200hr Training):

- Sanctuary of Asclepios, Willow Glen, CA. 2012-13, 2014

Triloka Living Taiji Course (200hr Training):

- Saratoga, CA. 2014

Daoist Yoga:

- Breathe Studio, Los Gatos, CA. 2013 – present

Medical Qigong for Doctors of Chinese Medicine:

- University of East West Medicine, Santa Clara, CA. 2013

Yang-style Taiji:

- Los Gatos, CA. 2011 - present

Introduction to Taiji Qigong:

- Breathe Studio, Los Gatos, CA. 2011 – present
- Courtside Club, Los Gatos, CA. 2010 – present

The Story of Tea – *The amazing tale of the world's most popular beverage:*

- Mandala Tea House, Los Gatos, CA. 2010,2011, 2012, 2013

Taiji 13 posture Yang-style form:

- Courtside club, Los Gatos, CA. 2010 - 2012
- Breathe studio, Los Gatos, CA. 2011

Introduction to Medical Qigong:

- Breathe Studio, Los Gatos, CA. 2011 -2012
- University of East West Medicine, Santa Clara, CA. 2012
- University of East West Medicine, Sunnyvale, CA. 2010, 2011
- Sao Paulo, Brazil 2008 – 2009

Daoist Yoga - Awakening the Dragon Body:

- Breathe Studio, Los Gatos, CA. 2011

Taiji Qigong:

- Southwest YMCA, Saratoga, CA. 2010-2011

Taiji 37 posture Yang-style form:

- Los Gatos, CA. 2010

Medical Qigong 5- Clinical Internship:

- Sao Paulo, Brazil 2009

Medical Qigong 4- Internal Organ Diseases and Prescription Exercises:

- Sao Paulo, Brazil 2009

Medical Qigong 3- Techniques for Refining Clinical Practice:

- Sao Paulo, Brazil 2009

Medical Qigong 2- Treatment Protocols:

- Sao Paulo, Brazil 2008, 2009

CLINICAL EXPERIENCE

Thai Massage Therapist:

- Breathe Studio, Los Gatos, CA. 2011 - 2013

Medical Qigong Therapist:

- Los Gatos, CA. 2005-Present
- Sao Paulo, Brazil 2008-2009

Medical Qigong Clinic:

- Sao Paulo, Brazil 2009

Massage Therapist:

- Private Practice, Los Gatos, CA. 2008 - 2012
- Silicon Valley Chiropractic, Sunnyvale CA. 2010-2011