

Sarina Stone, Medical Qigong Instructor  
Website: [sarinastone.com](http://sarinastone.com)  
Company name:  
Empowerment Through Knowledge, Inc.  
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651-645-5714

## **Curriculum Vitae**

### **Education**

1990- Began course of study with Universal Tao Institute.  
1994- Graduated Minneapolis School of Massage and Body Work. GPA 4.0.  
1995- Certified with Practitioners status Universal Tao Institute – Basic Healing QiGong.  
1996- Certified with Instructor status Universal Tao Institute - Basic Practices - Medical QiGong.  
1996- Certified with Instructor status Universal Tao Institute - Healing Love – Reproductive Energy Practices for men and women.  
1996- Certified with Practitioner status Universal Tao Institute - Chi Nei Tsang – Chinese/Thai Internal Organs Chi Massage.  
1998- Certified with Instructor status Universal Tao Institute - Cosmic Healing QiGong - Advanced Medical QiGong.  
2000- Certified with Instructor status Universal Tao Institute - Level 2 Cosmic Healing Chi Kung - Advanced Medical QiGong.  
2006 – Certified with Instructor status Universal Tao Institute - Chi Nei Tsang.

### **Teaching Resume**

1996 – 2019 Assisting instructor at the Universal Tao Institute - Annual residence.  
1996 – 2019 Universal Tao Course director for the Twin Cities  
1996 – 2012 North Carolina Renaissance Festival. Medical QiGong course director - annual 6 week participant course.  
1997 - 2012 Arizona Renaissance Festival. Medical QiGong course director - annual 2 month participant course.  
1998 – 2019 On staff Chi Nei Tsang Practitioner and instructor Universal Tao Institute - Annual residence.  
1998- Current – Empowerment Through Knowledge, Inc- Ongoing QiGong instructor.  
1999- 3 week International QiGong retreat, Ca, USA – Co-Course Director.  
2001 - Odyssey Conference. University of Wisconsin, River Falls. QiGong representative.  
2002- Current – Chi Kids Incorporated 501.c.3. Teaching Medical QiGong in hospitals, schools, orphanages and to families.  
2004 – Chi Nei Tsang course director and instructor Arizona School of Integrated Studies.

2003 – 2008 – Center Point School of Massage and Integrative Techniques, Mpls, MN. Annual guest Chi Nei Tsang and Medical QiGong instructor- Workshop format.  
2006 – University of Minnesota – Guest speaker at the Center for Spirituality – Clinic Director, Patricia Culliton’s Alternative Medicine course.  
2011 - 2015 Generation Tao – Paris, France. Annual women’s Medical QiGong course and Chi Nei Tsang abdominal massage residency.  
2016 - 2018 Healing Tao Australia – annual Chi Nei Tsang workshop educator.  
2019 – present Empowerment Through Knowledge, Inc. Online course educator for Chi Nei Tsang abdominal massage and Medical QiGong.  
2017 -2020 Dr Deborah Meitz – Regular co-teacher and guest for multiple women’s retreats and Sexual Kung Fu courses.

### **Other accomplishments and skills**

1991 - 2002 Business manager- Sulimans Mystic Circus of Wonder Theater Company.  
1992 – 2002 Board member Arts For Life, Inc. 501.c.3 non-profit corporation for furtherment of the arts. Sufi, African and Middle Eastern dance study and experience for health.  
2001 – present Empowerment Through Knowledge, Inc. – President  
2002 – present Chi Kids Incorporated – 501.c.3 non-profit corporation sharing natural health protocols with families. Board of directors.

### **Appearances and booking information**

Miss Stone has taught thousands of students one on one, in weekly classes, weekend workshops and in retreat format since 1995. Her lighthearted approach to health and healing has earned her spots on radio, television and public appearances. An experienced host and guest, Sarina still enjoys being interviewed. With her experience as Master Mantak Chia’s podcast host, she is comfortable, candid and filled with fun stories.

The #1 subject people want to ask about is...Sexual Kung Fu. Sarina is one of very few educators who is expert in this field. See [her interviews with Lilou Mace](#) to see why over 225,000 people watched her and asked for more.

Miss Stone’s interviews have been on radio, television, and the World Wide Web since 2006. To book Sarina for your podcast or show, please write [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com)

Workshops held by Miss Stone are fun and educational.

Sarina Stone distills complex Chinese medical techniques into simple, user-friendly practices that even children can master easily.

She has taken the multi-faceted art of Chi Nei Tsang, Chinese abdominal massage, and made it accessible to massage therapists as a complimentary modality for their own practice.

For more information, please contact [Admin@SarinaStone.com](mailto:Admin@SarinaStone.com)

By popular demand, Sarina also offers Intuitive Readings via video conference or telephone. A prolific intuitive since childhood, Sarina has counselled thousands since she began giving readings at age 14. She turned 56 in 2021. For more information and to see if an Intuitive Reading could benefit you or your team, please see [SarinaStoneReadings.com](https://SarinaStoneReadings.com) .

## **Publications**

2000 Universal Tao Publications  
Chi Nei Tsang Level 2 - 1st Edition  
By Mantak Chia  
Editor

ISBN-974-87672-7-5

Retail Price: 16.95

Released Fall 2000

**BODY, MIND & SPIRIT / Healing / Energy (Chi Kung, Reiki, Polarity)**

The procedures presented here are built on the information in Master Mantak Chia's first book, Chi Nei Tsang: Internal Organs Chi Massage. The emotions and "Winds" accumulate in the abdominal and Navel area. CNT II teaches you how to release these negative "Winds" and "sweep" them out to reestablish a healthy flow of your vital energy.

2001 Empowerment Through Knowledge, Inc

[The Tao of Manifestation Audio](#)

By Sarina Stone

Author

\$19.95

Released March 2001

Self help – Meditations

Guided meditation which helps listener to image what they want and manifest results on the physical plane.

2001 Empowerment Through Knowledge, Inc

[The Tao of Cleansing Audio](#)

By Sarina Stone

Author

\$19.95

Released March 2001

Self help – Meditations

Guided meditation that guides listener through the systems of the body and aids in using the mind to cleanse toxins.

2001 Empowerment Through Knowledge, Inc

[The Tao of Beauty Audio](#)

Author Sarina Stone

Price 19.95

Released March 2001

Self help – Meditations

Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical appearance.

2001 Universal Tao Publications

Cosmic Healing II

By Mantak Chia

Editorial Assistance

Universal Tao Publications

ISBN 974-87672-6-4

Retail Price 15.95

Released Summer 2001

BODY, MIND & SPIRIT / Healing / Energy (Chi Kung, Reiki, Polarity)

Cosmic Healing II deepens the knowledge & experience of Cosmic Healing I. In Cosmic Healing II the emphasis is on connecting the body with the five elemental forces of nature, the moon and sun, the planets, the stars, galaxies and other celestial phenomena.

2003 Destiny Books

Taoist Cosmic Healing

By Mantak Chia

Editorial Assistance

ISBN 0-89281-087-4

Retail Price: 19.95

Released Summer 2003

BODY, MIND & SPIRIT / Healing / Energy (Chi Kung, Reiki, Polarity)

Learn ancient Taoist methods of healing Chi Kung through color, energy, and understanding the cosmos.

2005 Inner Traditions International, Ltd

Healing Love Through The Tao, Cultivating Female Sexual Energy 2nd edition

By Mantak Chia

Consultant

ISBN 1-59477-068-9

Retail Price: 16.95

Released July 2005

BODY, MIND & SPIRIT / Healing / Energy (Chi Kung, Reiki, Polarity), HEALTH & FITNESS / Sexuality

Women learn to cultivate, refine, utilize, circulate and store sexual energy using Taoist methods of self-transformation.

2005 Rodale Press  
Multi-Orgasmic Woman  
By Mantak Chia & Rachel Abrams  
Contributing Instructor  
ISBN 9781594864858  
Retail Price: 17.95  
Released August 2006  
HEALTH & FITNESS / Sexuality  
Sexual Secrets Every Women Should Know  
A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential.

2009 Empowerment Through Knowledge, Inc  
[MicroCosmic Orbit Meditation and Brief Instruction](#) | Video  
Author Sarina Stone  
Price 19.95  
Released March 2009  
Self help – Meditations  
Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2009 Empowerment Through Knowledge, Inc  
[Constipation Cure](#) | Video  
Author Sarina Stone  
Price 34.95  
Released March 2009  
Self help – Meditations  
Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2009 Empowerment Through Knowledge, Inc  
[Six Healing Sounds Guided Meditation and Instruction](#) | Video  
Author Sarina Stone  
Price 14.95  
Released March 2009  
Self help – Meditations  
Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2009 Empowerment Through Knowledge, Inc  
[Inner Smile Guided Meditation and Instruction](#) | Video

Author Sarina Stone

Price 14.95

Released March 2009

Self help – Meditations

Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2009 Empowerment Through Knowledge, Inc  
[The Inner Smile & Six Healing Sounds Guided Meditation](#) | Audio

Author Sarina Stone

Price 19.95

Released March 2009

Self help – Meditations

Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2009 Empowerment Through Knowledge, Inc  
[Creating Romantic Destiny Guided Meditation](#) | MP3

Author Sarina Stone

Price 14.95

Released March 2009

Self help – Meditations

Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2009 Empowerment Through Knowledge, Inc  
[World Link Guided Meditation](#) | Audio

Author Sarina Stone

Price 19.95

Released March 2009

Self help – Meditations

Guided meditation designed to aid listener in using the power of the mind to alter or enhance their physical health.

2010 Empowerment Through Knowledge Publishing

Chi Kids Level 1

By Sarina Stone

Coauthor Mantak Chia

ISBN 9780982638408

Retail Price 19.95

Release Date 2010

Education/ Preschool & Kindergarten, Education / Parent Participation, Education / Non-Fiction, Body, mind and Spirit, Multicultural Education

Children and families learn smiling anatomy and ancient Taoist techniques for stress management and health.

Ages 4-6

2010 Empowerment Through Knowledge Publishing

Chi Kids Level 2

By Sarina Stone

Coauthor Mantak Chia

ISBN 9780982638415

Retail Price 19.95

Release Date 2010

Education/ Preschool & Kindergarten, Education / Parent Participation, Education / Non-Fiction, Body, mind and Spirit, Multicultural Education

Children and families learn ancient Taoist techniques for stress management and health.

Ages 6-9

2010 Empowerment Through Knowledge Publishing

Chi Kids Level 3

By Sarina Stone

Coauthor Mantak Chia

ISBN 9780982638439

Retail Price 19.95

Release Date 2010

Education/ Preschool & Kindergarten, Education / Parent Participation, Education / Non-Fiction, Body, mind and Spirit, Multicultural Education

Children and families learn ancient Taoist techniques for stress management and health.

Ages 9-11



2010 Empowerment Through Knowledge Publishing  
[Why Real Women Drink Straight Tequila](#) – The Tao of Intimacy

By Sarina Stone

Coauthor R. Mordant Mahon

ISBN 9780982638422

Retail Price 14.95

Release date 4-14-10

PSYCHOLOGY / Interpersonal Relations, SELF-HELP / Personal Growth / Happiness

The ultimate handbook for dating in the new millennium. Learn to take responsibility for your dating experience through humor, and Taoist quantum physics.

2012 Empowerment Through Knowledge Publishing

[Why Real Couples Drink Straight Tequila](#) – The Tao of Commitment

By Sarina Stone

ISBN 978-0-9826384-5-3

Retail Price 14.95

Release date 1-01-12

PSYCHOLOGY / Interpersonal Relations, SELF-HELP / Personal Growth / Taoism

The ultimate handbook for couples in the new millennium. Book #2 in the Tequila series focuses on creating and maintaining "couple-hood" in these modern times.

2017 [The Protection Animals](#) music album

Music by Stan O'Daffer

Lyrics and Poetry by Sarina Stone

2016-2018 [The Tequila Drinkers Guide To Health & Wellness Radio Show](#)

Hosted and created by Sarina Stone

Starring Master Mantak Chia and friends

51 Episodes on iTunes