

Rich Brown is a Health Educator and licensed Advanced Massage Practitioner who focuses on integrating Eastern and Western modalities to facilitate students and clients in their journey to optimal health and wellness. He teaches health promotion through qigong, tai chi, yoga, kung fu, physical fitness, weight training, nutrition, and principles of stress-management. Rich holds a Master's Degree and Certificate in Integral Health from California Institute of Integral Studies in San Francisco where his instruction centered on Taoist health principles.

In addition to his formal academic training, Rich has practiced bodywork for over 20 years initially receiving his Swedish and Sports Massage certification from San Francisco School of Massage. He also completed Acupressure and Tui Na coursework at the Acupressure Institute in Berkeley and Thai massage training at the Wat Po Traditional Medical School in Bangkok, Thailand, as well as at the Massage School of Santa Monica. He directed the Massage Therapy Program at Sonoma College and instructed courses within that program that included Swedish massage, East/West Healing Practice, Massage for Special Populations, and Insurance Billing for Massage Therapists. Rich also taught Sports Massage and Acupressure at McKinnon Body Therapy Center. In addition to his bodywork experience, Rich is a certified CrossFit trainer and athletic coach. He teaches martial arts and is an American Safety and Health Institute certified CPR/First Aid instructor.

Rich studied qigong with qigong Master Sun-Da Jin, the former Assistant Director of the Qigong Institute of Medical Science and Research in Hangzhou, China, and taught his own medical qigong and tai chi classes for 8 years in the San Francisco Bay Area. He has integrated a practice of Hatha Yoga and has successfully completed a yoga instructor's training course from the US Yoga Association.

In addition to his private practice as a health educator, personal trainer, and massage therapist, Rich has been a member of the adjunct faculty of John F. Kennedy University, Graduate School of Education. He has worked within the realm of public and private education as a teacher, program coordinator, principal, and consultant for over 25 years. Rich was the recipient of the *Golden Apple Award* for 2001, presented to him by the San Francisco Education Fund, for his development of the Stress Relief and Exercise Program (using Yoga) at Rosa Parks Elementary School in San Francisco.

Rich finds his greatest enjoyment in the outdoors cycling the Bay Area countryside, camping, or spending time in the garden. He has lived abroad and enjoyed many adventures exploring different cultures in his global travels.