

## 2018 KF Healing Retreat Facilitators



**Lulu (Lew) Whitney**  
Kokolulu Farm



**Karin Cooke**  
Kokolulu Farm



**Reyna Lerma**  
Present Moment Living



**Alfred Lerma**  
Present Moment Living

**About Lulu:** Co-founder of Kokolulu in Hawaii, Lulu has been a teacher/counselor/therapist/energy and body worker for over 45 years. He is an advocate for healing chronic illness, stress, behavioral and addictive issues using non-medication methods. After many years of extensive training in China under numerous Qigong Masters, Lulu became certified as a Chinese Shen Han. In 2003 Lulu began teaching and studying Zhineng Qigong (ZQ) under many masters in China. ZQ is an integral part of the Kokolulu Farm and Cancer Retreats Program and the Hawaii International Qigong Institute (HIQI) in Hawi, on Hawaii Island. Lulu was told a number of years ago that he would not walk again due to severe back pain from several accidents and successfully treated this condition using ZQ and now has full range of motion and no pain. LuLu believes all people are resilient and that they can return to their true nature, bringing Mind, Body, and Spirit into balance to enhance optimal health. LuLu welcomes anyone who is seeking spiritual and physical health to join us in Hawaii.

**About Karin:** Co-founder of Kokolulu, Karin is an RN with 40 years of medical experience and has conducted research in both allopathic and alternative medicine. She co-authored, with Dr. Jeanne Achterberg, research on distant intentionality and healing showing positive effects of qigong and prayer. She has practiced qigong for over 23 years and has studied, taught and practiced qigong and various other self-healing techniques. Karin has trained intensely with several Zhineng Qigong masters from China. She is a Cancer Guide/Wellness Coach, Nutrition Consultant, NADA Certified Auricular Acupuncturist, Reiki Master, Zhineng Qigong Teacher, and teaches Energy Medicine to university med students. She has successfully treated her own epilepsy diagnosis for several years without drugs, using Zhineng Qigong. Karin was caregiver for her late husband on his 12-year cancer journey, and is a cancer survivor herself. She brings that healing experience into her personal connections with others on their healing journey at Kokolulu Farm on the Island of Hawaii.

**About Reyna:** Co-Founder of Present Moment Living, Certified Hunyuan Qi Therapist and Zhineng Qigong Teacher. Reyna has studied Zhineng Qigong for 9 years. In that time, she has logged over 4,000 personal practice hours and has been in retreat with Master Teachers for more than 1,000 hours. She passionately shares the knowledge and wisdom of the practice with her students, readily supporting their intimate exploration of personal health and healing. Reyna firmly believes we each have a vast amount of energy readily available to us, in any moment, through any circumstance, which is the catalyst for healing. She expertly guides with proven methods to consciously connect to this Universal Energy. This belief is her driving force to teach and share. Reyna holds a Holistic Practitioner degree from the International Professional School of Bodywork, and a BA in Psychology from San Diego State University. She is also certified by the American Tai Chi and Qigong Association to teach Qigong. Reyna looks forward to enjoy the journey of life with you.

**About Alfred:** Co-Founder of Present Moment Living, Alfred is a Certified Zhineng Qigong Hunyuan Qi Therapist. His spiritual foundation is 20-plus years of ceremonial practices based in Native American traditions, and has studied multiple wisdom healing modalities from around the world. Alfred believes that these different healing cultures integrate seamlessly, as they have similar views towards nature and the interconnectivity of life. He has also passionately studied self development with an intention to live a more joyful life, and shares with others how to do the same. His focus is on cultivating mental awareness and conscious intention to activate and facilitate healing throughout the body. He is humbly committed to support anyone he has the opportunity to work with.



**Kokolulu Farm Sanctuary Room**