

Qigong is :

- Breathing, movement , and meditative exercise.
- An alternative medicine.

Qigong Can:

- Improve your health.
- Activate your inner smile.
- Increase your energy level.
- Relieve fatigue and pain.
- Help you lose weight without dieting.
- Delay the aging process.
- Aid paralysis and other serious illnesses such as strokes, disability, rehabilitation, injuries, cancer, diabetes, eczema, etc.
- Relieve stress.

About the speaker

Qigong Grandmaster Effie Poy Yew Chow combines the best of both Eastern and Western medicine. In Western medicine, the primary focus is on the specific part of the body that is ailing. In Eastern medicine, the focus is on the whole human being: body, mind and spirit. Effie Chow PhD, RN, certified acupuncturist and President of East West Academy of Healing Arts (San Francisco) has found that the two systems complement each other. She is an appointed member of the White House Commission for Complementary and Alternative Medicine Policy.

Dr. Chow received her training in Traditional Chinese Medicine and Qigong in China, Hong Kong, Taiwan, Canada and the United States. She is the only Qigong Grandmaster in North America who has been active in the development of health policies with the U.S. Department of Health and Human Services in the field of alternative and ethno-medicine.

Dr. Chow has made many television appearances including The Dini Petty Show, Canada am and the 4 – part television series on alternative medicine entitled Magic or Medicine. She is the co-author of the book *Miracle Healing from China, Qigong*

“I myself have had the privilege of studying with Dr. Chow. I’ve watched Dr. Chow work incredible “miracles” in those who have found little or no relief from other medical treatment. Dr. Chow’s work has made a tremendous impact in my life and the lives of my patients.”

*Linda Chiu Hole M.D.
Wholistic Family Medicine*

Chow Qigong Ottawa



**Basic Training
Program
December 1-2, 2007**

**Space is limited
Register Early**

**REGISTRATION
PLEASE PRINT**

NAME: _____

FULL MAILING ADDRESS:

PHONE:

Home (_____) _____

Work (_____) _____

Email Address:

Workshop I (Sat.)
 Workshop II (Sun.)
 Both sessions \$300
(\$270 before Novemeber 1)

Cash _____

Cheque _____

Make a registration form for each person.

Amount enclosed \$ _____

**Held at
The Palisades
480 Metcalfe Street, Ottawa**

**Basic Workshop I
12/1/07 (Sat) 9am-5pm**

Learn about Qi, energy theory and an overview of the Chow integrated Healing System. Hands-on techniques to relieve muscle tension, pain, headache. Basic exercises to increase energy, scanning for energy balances, visualization and lifestyle suggestions such as a positive mental attitude, posture and breathing. Acupressure points are demonstrated to improve energy circulation.

**Basic Workshop II
12/2/07(Sun.) 9am– 5pm**

Learn the Chow Qigong Precious Eight exercises, the Law of the Five Elements meditation for healing, Chinese nutritional concepts, and energy emission. Hands on practice of acupressure points and stress identifications. Dr. Chow demonstrates methods that help participants take responsibility for their own wellness.

(Wear comfortable clothes. Lunch on your own)

“Dr. Chow can bring movement to legs that haven’t walked in years, but is not a physician; can make pain disappear, but is not a magician; can help one overcome life’s pressure and disappointments, but is not a psychiatrist” - Asian Week-

“Giving individuals the power to determine and manage their own health and destinies is the secret of true healing. Their minds and bodies are powerful instruments, the ultimate healing machines.” -Effie Chow.-

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