

**Heal Self, Others & the Planet
Relieve Pain, Stress, PTSD & more!**

LEVEL 1 CHOW MEDICAL QIGONG INTENSIVE TRAINING

**FOUR WEEKEND COURSE | INDIVIDUAL WEEKENDS AVAILABLE
2014 FOCUS ON VETERANS, YOUTH, and GENERAL COMMUNITY**

WHEN February 21-23; March 21 –23; April 25-27; May 30-June 1
INDIVIDUAL WEEKENDS AVAILABLE
Fridays, 7PM–9:30 PM; Saturdays, 1PM–8PM; Sundays, 9 AM-6PM

WHERE The Polish Club, 3040 22nd St, San Francisco, CA 94110

REGISTER www.eastwestqi.com/classes/level1chowqigong/sflevel1
Email Registration form to eastwestqi@aol.com

ABOUT THIS LIFE-CHANGING PROGRAM

Qigong is an essential part of Traditional Chinese Medicine (TCM). Through specific meditations, and physical & mental energy exercises designed by Dr. Chow, you will learn and experience the innate healing energy that exists within each of us. You will be taught how to connect deeply with the internal power that is there to guide and heal you physically, emotionally, mentally, and spiritually in harmony with nature. Expand or develop a new sustainable career in the healing field. Thrive in today's troubled world! Learn to enjoy peace, health and wealth.

CLASS TAUGHT BY WORLD RENOWNED GRANDMASTER DR. EFFIE CHOW (and associates)



"Effie Chow is one of the strongest energy-based healers and acupuncturists I have met and I have seen with my own eyes some of the remarkable results of her Qigong work"- Dr. Deepak Chopra

"The work of Dr. Chow is impressive. She has had remarkable success where others have failed."-Dr. Thomas Malone, (Former) Deputy Director, National Institutes of Health

PROGRAM PRESENTED BY EAST WEST ACADEMY OF HEALING ARTS



EWAHA is a non-profit organization dedicated to integrative medicine with focus on traditional Chinese medicine and Chow Medical Qigong.

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PRICING

Earlybird Feb 8 \$1,990
Regular Fee: \$2,250
Day of Program: \$2,500
Individual Weekend: \$550-650

DISCOUNTS OFFERED

20% credit for each fully-paid registrant you sign up
40% discount for immediate family members of accepted registrants and previous Level 1

TRAINING FOCUS: Each session includes Chow Qigong exercises, meditation and specific energy concepts.

March 21-23: Chow Qigong Qi Pressure

April 25-27: Chow Qigong Tui Nah Ahn Moh: Classical Chinese Massage

May 30-June 1: Chow Qigong: Emission of Qi

FRIDAY HEALING EVENTS

7:00 pm – 9:00 pm

Also known as “Blue Friday”, Fridays of the weekend program are open to the public. Donations are accepted, but nobody will be turned away for lack of funds. Wear blue to honor the veterans!

CHOW QIGONG FOR VETERANS and YOUTH

As part of our Chow Qigong for Veterans Project, all our classes will have a special focus for any veterans / youth attending!

Limited # of scholarships for Veterans/youth are available. Send resume and letter why you wish a Qigong scholarship to eastwestqi@aol.com. We invite any veteran and their families/friends to attend and be part of a powerful healing force!



TESTIMONY FROM CHOW QIGONG PROGRAM ATTENDEE: Jerry C- Vietnam veteran with PTSD, depression, pains, 30 years disturbed sleep. After 2 hours Fri eve Chow Qigong program, first time in 30 years “I slept like a baby without moving, & no pains upon waking” After morning ChowQigong exercise/meditation he felt whole and peaceful. View <http://vimeo.com/57764959> by Missourian News of Jan 18-20, 2013 Chow Medical Qigong Work-

Weekly free practice classes available. Email eastwestqi@aol.com

Private Consultations are available each weekend for registered students.

\$350 per academic hour. Prepay to confirm appointment.

EXPERIENCE CHOW QIGONG “FUN IN SERIOUS LEARNING”

CONTACT INFORMATION:

Email: eastwestqi@aol.com

Fax: 415-647-5745

Coordinators: Carl (415) 285-9400 | Ann (415)902-7690