

# Heal Self, Others & the Planet Relieve Pain, Stress, PTSD & more! LEVEL 1 CHOW MEDICAL QIGONG INTENSIVE TRAINING

FOUR WEEKEND COURSE | POSSIBLE CEUS  
2013 FOCUS ON VETERANS, FAMILY & GENERAL COMMUNITY

**WHEN** March 15-17; April 19-21; May 24-26; June 14-16 (INDIVIDUAL WEEKENDS/WEEKDAYS 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](http://www.eastwestqi.com/classes/level1chowqigong/sflevel1)

Email Registration form to [eastwestqi@aol.com](mailto: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



"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



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

LIKE US: [www.facebook.com/eastwestqi](http://www.facebook.com/eastwestqi)

FOLLOW: [www.twitter.com/eastwestqi](http://www.twitter.com/eastwestqi)

WEBSITE: [www.eastwestqi.com](http://www.eastwestqi.com)

## PRICING

**Earlybird Mar 1** \$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 Students (One discount category only)

Part of the proceeds of this program will go towards a veterans scholarship fund.

## FRIDAY HEALING EVENTS

**7pm - 9:30 pm**

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

## CHOW QIGONG FOR VETERANS

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

Limited number of scholarships for Veterans are available. Send resume and letter why you wish a Qigong scholarship to [eastwestqi@aol.com](mailto: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 Missouriian News of Jan 18-20, 2013 Chow Medical Qigong Workshop at the Truman VA Hospital in Columbia, Missouri.

Weekly free practice classes available. Email [eastwestqi@aol.com](mailto:eastwestqi@aol.com)

Private Consultations are available each weekend for registered students.

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

## EXPERIENCE CHOW QIGONG IN "FUN IN SERIOUS LEARNING"

### CONTACT INFORMATION:

Email: [eastwestqi@aol.com](mailto:eastwestqi@aol.com)

Fax: 415-647-5745

Coordinators: Wendy (415)525-7352 | Ann (415)902-7690