



QI, THE POWER WITHIN FOR OPTIMAL HEALTH

"If you want to be healthy and live to 100, do Qigong"
- Dr. Mehmet Oz on Oprah

Do you want more energy and stamina in your life?
Your sex life needs spicing up? ... Jing & the Empty Force.
How about relief of body tension, muscle aches and pains?

Unlock your emotional and physical barriers, dedicated practice of CHOW QIGONG has been shown to: **INCREASE STAMINA AND MENTAL CLARITY * ENHANCE YOUR SEXUAL ENERGY * IMPROVE IMMUNE RESPONSE & FUNCTION * IMPROVE CIRCULATION & OXYGEN INTAKE * IMPROVE SLEEP * RELIEVE FROZEN SHOULDER * RELIEVE EYESIGHT & HEARING (TINNITIS) PROBLEMS * INCREASE SELF ESTEEM * EFFECTIVELY HEAL WHERE ALL ELSE HAVE FAILED**
"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." Deepak Chopra, M.D.

Grandmaster Dame Dr. Effie Chow PhD, RN is: Founder and President of the East West Academy of Healing Arts San Francisco; Qigong Grandmaster; California & National Certified Acupuncturist for over 40 years; Appointed by President Clinton, to the 20 member White House Commission on Complementary and Alternative Medicine Policy.

Chow Qigong for Healing, Training Classes

Chow) Qigong in every home can prevent, delay or heal major conditions and promote self-empowerment for vital longevity of sound mind, body, and spirit" Grandmaster Dr. Effie Poy Yew Chow

Learn the power of Qi for healing of self and others. Each course takes you deeper into developing your Qi for attaining immediate healing of body, mind, & spirit.

1) Chow Medical Qigong Exercise and Meditation: Every Friday 6pm to 7:30pm. Many experience higher energy level & stamina, relieving outstanding pain, physical and emotional conditions. A certificate may be awarded to one who successfully completes & is proficient to lead & teach. \$20 or donations accepted. \$\$ is not an issue. Open to all. Must register by Wednesday, no drop-in.

2) Chow Medical Qigong for Self Realization: Crash Course: June 24-25, 9am-6pm
Registration Early bird By May 15th \$195; After May 15th \$225; Day of program \$250
* A certificate will be awarded upon successful completion* CQ exercises and meditation, proper breath and posture; PMASA, Chow Qigong scanning, brushing, major Qi-pressure upper and lower torso points and demonstrations.

3) Level 1 Series: Learning the Chow Integrated Healing System
June 24-25; July. 22-23; Aug 26-27; Sept. 9-10. (Sat and Sun 9am to 6pm) Early bird by May 15th \$1990; After May 16th \$2250; Day of program \$2500 * A certificate will be awarded upon successful completion* Open to those dedicated in the healing profession to serve others and those who wish to learn for self-improvement of one's own health and to develop the sensitivity in helping those with serious emotional and physical conditions.

4) Level 2 Series: Distance Healing and Qi Emission
Sept. 23-24, Oct. 21-22; Nov. 18-19; Dec. 16-17. (Sat and Sun 9am to 6pm) Early bird by August 15th \$1990; After August 16th \$2250; Day of program \$2500
* A certificate will be awarded upon successful completion* Develop the skills for distance healing and Qi emission by raising your level of interconnection with the universal Qi to achieve greater healing outcomes.