

CHOW INTEGRATED HEALING SYSTEM CHOW MEDICAL QIGONG

Chow Qigong can heal where all else has failed. Qigong promotes stamina, reaching dreams and goals, anti-aging, pain relief, joy, love, beauty, longevity, vitality and peace within the soul extending to the universe. www.eastwestqi.com

Qigong is a traditional form of Chinese energy exercise for the body, mind and spirit. It is a system for improving and maintaining health as well as to help cure disease. The basic aim is to bring the body into a state of balance and self-regulation.

Qigong is a discipline anyone can learn. Many people practice Qigong simply because it helps them feel good, perform better, experience higher levels of energy and stamina and reach their level of optimal health.

Qigong practice can improve sports performance, boost the immune system, improve respiratory function, burn calories, improve balance, provide cardiovascular benefit, provide powerful stress management and slow aspects of the aging process.

It has been shown in research to be beneficial for mental health, reducing anxiety and depression and increasing peace of mind, creativity and happiness. It is also helpful for chronic pain conditions.

Qigong practice increases mobility, dexterity, vitality, range of motion, immune function and colon and bladder health. It can reduce recovery time after surgery by 50 %.

There are documented healings for cancers, hepatitis, tinnitus, arthritis, frozen shoulder, fibromyalgia, Parkinson's disease, multiple sclerosis, cerebral palsy, autoimmune disorders, brain tumors, stroke, coma, infertility, pain of all kinds and addictions.

"She (Dr. Chow and Qigong) 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 pressures and disappointments, but is not a psychiatrist."
Asian Week

Who should attend?

Health professionals, educators or anyone at any level of health interested in maintaining their health at a maximal level preventing onset of debilitating conditions and diseases for self or to help others as an expanded or new profession.

No previous experience necessary.

If one suspects an illness, please consult your health professional before attending this program.

"Giving individuals the power to determine and manage their own health is the secret to true healing."

Dr Effie Poy Yew Chow

What will you learn?

The attendees to this exciting program will experience the harmonious peacefulness of Qi-energy and may find relief from existing problems and in turn help others.

Highlights:

- The Chow Intergrated Healing System
- Philosophy of Chow Qigong & Taoist
- Qigong Exercises
- Meditation
- Principles of Chinese Medicine
- Energy Healing
- Qi Pressure
- Chow Tracking System (Energy Points)
- Tui Na & An Mo Massage
- Nutrition
- Distance Healing

You will practice on yourself, other students and clients who will come to experience healing with Chow Qigong by the students under the tutelage of Dr. Chow. Students may invite friends as clients.

Incorporate Chow Qigong into your daily life to enhance your life with love, joy, compassion & natural healing skills.