

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

DR. EFFIE POY YEW CHOW

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Dr. Effie Chow, PhD, RN, LAc,  
Qigong Grandmaster

# CHOW MEDICAL QIGONG

“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



Practice Qigong for radiant health. Increase mobility, dexterity, vitality, range of motion, peace of mind, immune function, colon/bladder health, creativity and happiness.

Qigong is a discipline anyone can learn. It has been shown in research to reduce anxiety,

depression and chronic pain conditions.

There are documented healings for cancers, Hepatitis A/B/C, tinnitus, arthritis, frozen shoulder, depression/anxiety and insomnia. Plus PTSD, fibromyalgia, Parkinson's disease, multiple sclerosis, cerebral palsy, autoimmune disorder, brain tumors, stroke/coma, infertility, pain of all kinds and addictions.

## TRAINING OPTIONS

### Chow Qigong Basic Weekend — 14.5 Hours

*A Life-Changing Experience*

- Learn Chow Qigong Exercises
- Warm Ups and Precious Eight
- Silverthread Meditation Energy scanning and healing techniques
- Basics of Chow Integrated Healing System

### Chow Qigong Intensive Training — 86 Hours

*A Transformative Process*

4 weekends over 4 month\*

- The Chow Integrated Healing System
- Philosophy of Chow Qigong
- Qigong Exercise Prescriptions
- Silverthread Meditations/Visualizations
- Energy Healing
- Principles of Chinese Medicine
- Taoist Philosophy
- Qi Pressure
- Chow Tracking System (Energy Points)
- Tui Na/An Mo Massage
- Nutrition
- Practice Distance Healing

Opportunity to work with real cases and bring your own clients for case study  
\*or can be taken as individual weekends courses

CEUs for Acupuncturists, RNs, physicians, Health Care Workers