

3rd International Conference and Expo on

Natural, Traditional & Alternative Medicine

September 24-25, 2018 | Montreal, Canada

Effie Poy Yew Chow

*East West academy of Healing Arts
USA*

Shiang Ying Dai

*Ottawa Chow Qigong
Association, Canada*

Nicole Beaulac

Qigong Instructor, Canada

Chow Qigong

A Life-Changing workshop. Learn about Qi, energy theory and an overview of the Chow Integrated Healing System, Chow Qigong exercises to increase energy, scanning for energy balances, and lifestyle suggestions such as a positive mental attitude, posture and breathing. Renew, revitalize, replenish! Kick off the conference by experiencing first-hand the profound and revitalizing and healing effects of Chow Medical Qigong founded by world-renowned Qigong Grandmaster and author Effie Poy Yew Chow. Presenting will be Chow and Shiang Ying Dai and Nicole Beaulac. Open yourself to the gift of healing through your own life energy (Qi) and the ancient practice of Qigong. Whether you're interested in increasing your personal wellness or the wellness of others, or have a long-standing problem, you'll learn valuable lessons for improving your quality of life and even relieving those problems. Through specific meditations, and physical and mental exercises designed by Chow, you'll begin to understand the innate healing energy that exists within each of us. Recognized for helping people on their healing journeys with a wide variety of chronic, serious health conditions, Chow brings her over 50 years of Qigong training, a Ph.D. in higher education, a masters degree in behavioral sciences and communication, and her experience as a registered nurse to her impressive body of healing work.

Biography

Effie Poy Yew Chow combines the best of both Eastern and Western medicine. In Western medicine, the focus is on the specific part of the body that is ailing. In Eastern medicine, the focus is on the whole human being: body, mind and spirit. Effie Poy Yew Chow, PhD, RN, certified acupuncturist and president of the East West Academy of Healing Arts of San Francisco, has found that the two systems complement each other. "Effie Poy Yew 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

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Dai, Shiang Ying was introduced to Qigong by his father who was an acupuncturist and Qigong practitioner. He turned to the Chinese traditional medicine in his late 40s, during the challenging times in China after WWII. He also went to my roots when he had a physical and mental breakdown after losing his father in 1997 and his mother in 2000. He started Chow Qigong classes at McNabb Community Centre in the Fall of 2000. He has been practicing Chow Qigong exercises and meditation since then and never looked back. In 2002, He completed the Chow Qigong Intensive Level I training and got the certificate to teach Chow Qigong. He is grateful to Dr. Chow for developing the Chow Integrated Healing System. Chow Qigong helped him to regain his health without the pharmaceutical drugs. He became a Chow Qigong instructor because he committed to Chow Qigong and want others to take advantage of the potential health benefits of Chow Qigong.

Nicole Beaulac is an Eden Energy Medicine-Certified Practitioner and Qigong Instructor