

Chow Qigong

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

The 10 Important Basics of Chow Qigong

The Ten Important Basics of the Chow Integrated Healing System:

1. Get at least eight hugs day and be “in touch”.
2. Get at least three Belly-Aching-laughs A-Day.
3. Maintain a positive mental attitude.
4. Maintain proper posture and breathe with diaphragm.
5. Meditate daily.
6. Eat nutritious foods, supplements, and perhaps herbs.
7. Practice the Qigong exercises.
8. Be at peace with yourself and others.
9. Live the Qi energy concept.
10. Give and receive lots of love.

Basic Components



1. Energy Testing
2. Positive Mental Attitude PMA
3. Posture
4. Diaphragmatic Breathing
5. Sensing the Qi
6. Warm-ups and Precious 8 Exercises
7. Meditation
8. Body Scanning
9. Brushing and Packing
10. Qi Pressure Points
11. Massage
12. Nutrition