

NATURAL AND ENERGETIC HEALING FOR WOMEN

Lecture and Qi Gong Workshop

with Valencia Porter, M.D. & Fay McGrew, MA, QTP

Saturday May 9, 2009 ♦ 12:00 – 3:30 PM ♦ Chopra Center for Wellbeing

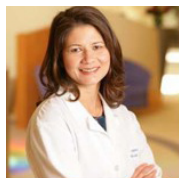
2013 Costa Del Mar, Carlsbad, CA 92009 (Chopra Center Dharma Room)



We all know that men and women are inherently different, yet in Western medicine most therapies are given in a one-size-fits-all paradigm. While nuances of Women's health is now an emerging focus for Western Medicine, **Traditional Chinese and Ayurvedic Medicine have long-standing traditions of utilizing different approaches for women versus men** even if the health challenge may be the same, thus resulting in more individualized and effective treatment.

LECTURE BY DR. VALENCIA PORTER

Learn how to enhance women's health using an integrative wellness prescription of mind-body therapies, nutrition, supplements, and exercise.



Dr. Porter is Director of Women's Health at the Chopra Center for Wellbeing in Carlsbad, California. Board Certified in both General Preventive Medicine and Integrative Holistic Medicine. In addition to Western medicine, Dr. Porter is an expert in many complementary healing modalities including medical acupuncture, meditation, yoga, Healing Touch, and Ayurveda which she combines in her practice at the Chopra Center.

WORKSHOP BY MEDICAL QIGONG PRACTITIONER FAY MCGREW

Experience Yin Qigong [pronounced "Chee – gong"], relaxing, nourishing, rejuvenating exercises clinically proven to improve libido, gynecological, & overall health.



With over 38 years experience studying various ancient mind body practices including Qigong, Tai Chi, & Zen Meditation, Fay has studied with many Qigong Masters in China & effectively conveys the essence of these modernized ancient practices to Westerners. Teaching in San Diego for over 15 years, Fay's teaching style is accessible & personal.

\$60.00 per person (Mother's Day Special: \$100 for 2 people)

Space is limited. Please sign up by May 7, 2009.

Call 760.494.1600 to reserve your seat today!

THE
CHOPRA CENTER