

NATURAL AND ENERGETIC HEALING FOR WOMEN

Lecture and Qi Gong Workshop

with Valencia Porter, MD, Fay McGrew MA, QTP &
Francoise Ginsberg, PhD

Sunday October 4, 2009 ♦ 10:30AM – 5:30 PM ♦ Chopra Center for Wellbeing

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

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. Focusing on cancer prevention, menopause, and breast health.

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. 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.

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, Women' 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 for over 15 years, Fay established Qigong programs at major health & educational institutions throughout San Diego. Her teaching style is accessible & personal.

WORKSHOP BY MEDICAL QIGONG PRACTITIONER FAY MCGREW



WORKSHOP BY DR. FRANCOISE GINSBERG



Hear about the philosophy and practice of Tantra and its use to understand the sexual feminine potential, how to fully honor our body temple, how to clarify our needs and longings, and how to communicate to our partner.

Francoise Ginsberg received her doctorate from the University of Paris, where she worked as a women's counselor. Francoise specializes in women's sexuality and has been leading Tantra workshops in San Diego since 1994. She works with her husband of 28 years, offering couples therapy using Tantra.

\$95 per person / \$150 for 2 people

Space is limited. Call 760.494.1600 or go to
www.chopra.com/qigongworkshop
for more information

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CHOPRA CENTER