

For more information or to call 852-1047.

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... with Dr. Chok Hiew is holding a meditation group healing and suffering Sunday, Nov. 22, from 11 a.m. to 12:30 p.m. at the Wedgewood Hall/Beausejour Curling Club, 80 Lockhart Ave. For more information, call 852-4042.

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... Ashleigh VanHouten is reading for Sunday, Nov. 22, at noon at 1840 Avenue Road, 500 Elmwood Dr. For more information, call 852-4576.

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... Door Gift Shop is having a pet House Sunday, Nov. 22, from 11 a.m. to 2:00 p.m. at 2080 Route 112, Upper Merivale.

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... Urban Church, 101 Fairview Dr., is having a Fall Fashion Show Sunday, Nov. 22, from 11 a.m. to 1:00 p.m. Funds from a free-will donation will benefit our Accessibility Program. Everyone welcome.

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... Church, Hopewell Hill, is holding...



MASTER YAP SOON YEONG is a renowned Qigong and medical leader and the founder of *Chaoyi Fanhuan Qigong* (CFQ), a special energy medicine method that he teaches worldwide. His accessible, authorized and effective healing method is described in his biography *Healing Through Medicine* by CFQ Healer. He lives in Seremban, Malaysia and for the past twenty years he has a Qigong Center for healing appearances and training (conventional version).

CHOK C. HIEW, (Ph.D.) has been a psychology professor at the University of New Brunswick for more than 30 years and is a CFQ founding trainer. He has authored and published seven books on Qigong training. He has introduced Qigong to North American and international audiences in conference presentations and workshops since 1997. He has pioneered Qigong techniques internationally as a means to help people motivated by depression, anxiety, mood conflict, and natural disasters. Chok grew up in Malaysia, went to school in Boulder, CO and lives in Canada.



Healing Self, Healing Others

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MASTER YAP SOON YEONG & CHOK C. HIEW, Ph.D.

Feel better, starting today

Canadian Psychologist in Moncton to present book on self-healing methods, November 22. By Ashleigh VanHouten

How good do you feel right now? Are you well rested, energetic, healthy, happy? The sad truth is most of us could use work in these areas. While we may spend lots of money on the concept of "self-healing" - energy pills, hypnosis, you name it - most of us never really get there; we would rather find a quick fix than actually take time out of our busy schedules to feel better. Still, every one of us wants to live a longer, healthier life, and a local author may have found the answer for us.

New Brunswick psychologist Dr. Chok Hiew's book, *Chaoyi Fanhuan Qigong Healing: Healing Self, Healing Others*, describes the art of Qigong practice, an ancient Chinese form of self-healing that has found followers all over the world. Qigong is a meditative practice often using slow, graceful movements and controlled breathing techniques to promote circulation within the body and enhance overall health and well-being.

There are more than 10,000 styles of Qigong and over 200 million people practicing these methods around the globe. Chaoyi Fanhuan Qigong (CFQ), a modern form of Qigong training, harmonizes mind, body and spirit to create a state of deep relaxation - which one of us couldn't use a little more of that?

To help readers find that harmonious balance between mind and body, Dr. Hiew's book introduces healing exercises and meditation techniques that can eliminate chronic pain and disability as well as enhance circulation and reduce stress.

Now, if you're wondering whether CFQ may be too difficult or complicated for you, don't worry: the practice is essentially a set of calm, smooth breathing and movement patterns and can be practiced by all ages and all fitness levels. While some see it as a spiritually connecting experience, others view it as simply a great way to warm-up for the day, a way to stretch and kick-start their

metabolism. Even better, it's something you can do easily in the comfort of your own home, at any time.

And if you still aren't convinced, medical Qigong treatment has been officially recognized as a standard medical technique in Chinese hospitals since 1989 and has been included in the curriculum of a number of major universities in China. In 1996, the Chinese government listed the practice as part of their National Health Plan.

Dr. Hiew, who will be presenting his book and the CFQ technique in Moncton on November 22, has been a Professor of Psychology at the University of New Brunswick for over 30 years. As a trauma specialist in international psychology he has introduced the practice of Qigong in humanitarian work for at-risk families and children facing exploitation, disease, armed conflict and natural disasters. As a founding trainer of

CFQ Qigong, he has pioneered research and its application and authored and co-authored seven books with Master Yap Soon Yeong, renowned CFQ Founder from Malaysia. He trains leading instructors throughout North America and offers workshop training to audiences everywhere. Dr. Hiew, who grew up in Malaysia, has lived in Fredericton since 1974.

Join Dr. Hiew as he presents his latest book on the healing Qigong technique on Sunday, Nov. 22, 11 a.m. to 12:30 p.m. at the Wedgewood Hall/Beausejour Curling Club on 80 Lockhart Ave in Moncton. This morning session is a free event that includes a book presentation, book signing and a group healing session. In the afternoon, from 2 to 5:30 p.m., the author will take you through healing movements and a light meditation session for \$25. For more information, please contact Micheline Gaudet at 506-854-4042. ☐

MASTER YAP SOON YEONG & CHOK C. HIEW, PH.D.