

*This Practice Could Change Your Life
or Save Your Life*

Yi Ren® Qigong

“Qi” is your life force or energy, the operation system of your mind, body, and spirit. “Gong” means cultivation. Yi Ren Qigong is designed to enhance your potential for self-healing and for the development of intuition, spiritual insight, and creativity. The practice was developed by Guan Cheng Sun, Ph.D., a research scientist in molecular genetics and a master practitioner of Taoist Qigong.



Yi Ren Qigong has extensive movement and meditation exercises to strengthen and harmonize functions in your body. It also builds your bio-energy immune system to protect you from negative energy, emotions, and thoughts coming from others. Learning these methods is especially helpful for people who work closely with many people (healthcare professionals, healing practitioners, and teachers). It is also recommended for people who are energetically sensitive or easily affected by others.

*Ease Your Heart and Mind
for Everyday Living*

HeartMath® and Mindfulness

Through using Add Heart, a popular HeartMath biofeedback training method, and mindfulness exercises, you can learn how to calm your mind and regulate your heart rhythm. Having a more coherent heart rhythm helps synchronize the activity of your brain, and this can improve your memory, focus, decision-making, and other functions.

Some of the benefits associated with this are: the release of overwhelming emotions, reduction in stress, faster recovery from stressful situations, improved sleep, and enhanced mental clarity.

When practiced in groups, these exercises have been shown to create more harmonious and productive environments, where people feel happier, get along better, take fewer sick days, and get more done.



*Release Trauma
and Live More Fully*

Holographic Memory Resolution®

Beyond obvious tragedies, seemingly trivial incidents, like harsh words from a parent or friend, (even things that we can't remember), can have profound and lasting effects in our lives. Stored emotions from such events are often the source behind reactive tendencies, fears, phobias, addictions, and relationship issues. They can also show up as physical conditions such as migraine headaches, chronic pain, and allergies.



Holographic Memory Resolution is a unique emotional reframing technique that taps into your body's natural wisdom. Guided by your own physical sensations and your five senses, you can uncover events that have traumatized you or have triggered your survival response. This can be done without being hypnotized or reliving the trauma.

This method has been effective for people who have experienced abuse, harassment, bullying, and domestic violence. It was used in relief efforts following the attacks of 9/11 and other major tragedies.

Upgrade Your System and Transform Your Life

Mind-Body Wellness Training

Holographic Memory Resolution®

This simple and gentle method can help release stuck emotion without reliving trauma. It has been used effectively for migraines, chronic pain, fears, anxiety, phobias, allergies, addiction, and relationship issues.

Yi Ren® Qigong

Through gentle movements and meditation exercises, this evidence-based Qigong can help to enhance your abilities for self-healing. It can also help you to become more intuitive and aware of your own energy as well as your energetic relationship with others, the natural world, and the universe.

Private and group sessions available
in Seattle and online.

For appointments and more information:

Visit: www.bioenergytraining.com

Email: info@bioenergytraining.com

Or give us a call at 206-718-8588

Bio-Energy Healing

Sometimes you might just want to lay down, close your eyes, and stop thinking.

Take a deep breath. Let me lead you on a journey into states of deep relaxation for healing, rejuvenation, and self-discovery.

HeartMath® and Mindfulness

Learn a variety of quick and easy methods to calm your mind and relax your body in your busy daily life. Add Heart biofeedback and mindfulness exercises will help you to even out your heart rhythm to optimize your brain function and build resilience to stress.



Trainer: Eriko Rowe, M.A.

Eriko Rowe is an energy medicine practitioner and a medical journalist with more than 25 years of experience in researching and studying various modalities of alternative medicine.

Eriko is a certified instructor in Yi Ren Qigong, HeartMath Add Heart, Tibetan Mantra Healing, Zenith Omega Vibrational Healing, and Breath Awareness. She also practices Holographic Memory Resolution and was trained directly by Brent Baum.

Eriko Rowe holds an M.A. in Journalism from New York University. She is a former lecturer at Cornell University and the University of Washington, and she is the author of more than a dozen books published in Japan, primarily focusing on wellness and healing traditions.