

Effie social Media Links

<https://twitter.com/EastWestQi>

<https://www.facebook.com/eastwestqi>

<https://www.youtube.com/user/eastwestqi>

<https://eastwestqi.tumblr.com/>

<https://www.youtube.com/watch?v=lrXVSxfRn78>

<https://www.youtube.com/watch?v=YxRw5cZ129M>

https://www.youtube.com/watch?v=J-y-Nm_WMPO