

Damaris Jarboux RN

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## **THE CENTER PLACE**

2730 29th Street, Boulder, CO 80301 • (303) 447-0484 • [www.thecenterplace.com](http://www.thecenterplace.com) •  
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## **2023-24 Public Chi Kung Classes**

*Saturdays 9am-5pm. \$150 (Repeats \$120)*

### **THE THREE TAN TIEN / THE THREE ELIXIR FIELDS**

Covers the theory and practice of these standing forms used to gather energy from nature in the three primary 'Energy Centers' and cultivate Jing-Chi-Shen/ Essence-Vitality-Spirit.

October 28, 2023

### **I CHING TRIGRAM PRACTICES**

Eight basic practices which embody the I Ching trigrams and are done to activate, strengthen and cleanse the energy of the 5 Elements in the organs and 12 meridians.

Nothing scheduled in 2024 unless enough people request this class.

### **THE MICROCOSMIC ORBIT**

Covers the basic principles of Inner Alchemy, the Pa Kua practice and the Microcosmic Orbit (small heavenly circuit/loop) which is fundamental to all systems of Chi Kung.

June 8, 2024

*All workshops are at The Center Place unless notified*

*To register send a \$25 deposit (refundable up to 2 weeks before start of class) to Damaris*

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*These are ancient and simple, but profoundly effective, practices you can learn in one day.*