

## **THE CENTER PLACE**

www.thecenterplace.com

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### *One-Day Public Chi Kung Classes – 2010*

Saturdays 9am-5pm. \$110 (Repeats \$70) • Half Day ZBE \$55 (Repeats \$35)

#### **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.

Jan. 16

#### **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.

Jan. 23

#### **ZHINENG BREATHING EXERCISES**

Half day class with Andrea Arduine. An effective and safe qigong breathing form and physiology. Followed by ZBE Practice Class first and third Thursdays of the month, 2:15-3:15, \$10

Fri–May 21 (9 am-12:30)

#### **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. \*Ends at 6 p.m.\*

July 24

*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.*