

## **THE CENTER PLACE**

www.thecenterplace.com

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### *One-Day Public Chi Kung Classes – 2009*

Saturdays 9am-5pm. \$100 (Repeats \$60) • Half Day ZBE \$50 (Repeats \$30)

#### **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. 17

#### **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. 24

#### **ZHINENG BREATHING EXERCISES**

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

Sun–Jan. 18 (1-4:30 pm) Fri–May 29 (9 am-12:30) Fri–Oct. 16 (5:30-9 pm)

#### **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 25

*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.*