

THE CENTER PLACE

www.thecenterplace.com

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*** 2010 ***

CHI KUNG HEALING TOUCH_(SM)

*** 2nd Year Training—Four, 3-Day Workshops ***

A 100-hour program of four 25-hour workshops that will integrate the theory, medical applications, and practice of Chi Kung with *advanced* Energy-Body Healing_(SM) practices. Designed for Damaris' 1st year students to start in Jan. (when they are part way through their 8-month course), Healing Touch students and practitioners, or by permission. Classes must be taken progressively. Repeats \$230 (space providing).

Schedule: Fri. 9am-8pm. (2-4 off), Sat. 9-6pm, Sun. 9-4pm.

\$330 each level

Level I

Jan. 22-24

Covers the anatomy and physiology of the pathways and principles of Oriental medicine, yin/yang and Taoist principles and Chi Kung Healing - including assessment and dispelling of aggressive energy and LA CHI. Practices: The Three Tan Tien, Standing Posture, and the Tai Chi Chi Kung "Dancing Cloud Hands" (to develop the healing energy in your hands).

Level II

April 23-25

Covers an overview of the theory and principles of the Eight Extra Meridians. Practices: Thrusting & Belt Channels, Microcosmic Orbit and Pa Kua navel form, and The Energy Shower. We will then learn how to integrate Healing Touch "Back Work" into the Microcosmic Orbit with Chi Kung Finger Drumming & 8 Extra Meridian Chi Kung Healing. Also covers internal energy center "Star Spirals" with the Macrocosmic Orbit Practice, as well as bending the spine, connective tissue & morning Dao Yin Chi Kung practices.

Level III

July 23-25

Covers theory of the 5 Elements as they relate to the 12 major organs and 12 meridians. Practices: The Inner (Healing) Smile, the Six Healing Sounds, and the eight I Ching practices of the Pa Kua (used to self clean & strengthen the 12 major meridians) will be taught with specific medical applications of each. Element and organ assessment and organ/sense organ treatment.

Level IV

Nov. 5-7

Covers theory, physiology & consciousness of organ meridian Exit and Entry points, Junction points, and Master & Couple points for 8 extra-meridians - location, assessment and treatment. Also remote and self-treatment. The Inner Alchemy process of 'The Fusion of The Five Elements' will be taught, as well as shoulder and hip circle exercises for opening the joints.