

THE CENTER PLACE

www.thecenterplace.com * 2730 29th Street, Boulder, CO 80301

QIGONG HEALING PROGRAM of The Center Place

Year One * 2022 *

Four, 3-Day classes

This is a 100-hr program of four progressive 25-hour classes that will integrate the theory, clinical applications, and personal practices of Qigong Healing. We follow Boulder Covid guidelines. At least 3 practice classes required between levels, \$10 each.

YEAR ONE IS CO-TAUGHT BY SHERRY BAUER & RACHEL LEE. Sherry has been in practice since 1996, teaches Year Two Qigong Healing and is Certified by the NQA as a Level III Advanced QiGong Instructor and a Clinical Qigong Practitioner.

Rachel has been in practice since 2012, has a private practice in Qigong Healing and is certified by the NQA as a Level II Qigong Instructor and a Clinical Qigong Practitioner.

Level 1 \$450 (repeats \$350)

9-5 Fri, Sat, Sun Feb. 4-6

Introduction to QiGong, Centering or the QiGong state, thoughts on the Tao, personal vs. impersonal, studies on Qi emission, best energetic protection, Circles to Center, chakras, QiGong practices working with Central Channel and developing your field or “egg”.

Level 2 \$450 (repeats \$350)

9-5 Fri, Sat, Sun April 1-3

Jing, Qi and Shen theory and practice, 3 Tan Tien theory and practice, standing form, The Spiral, elemental fields, Sub-Flubs & foreign energy and Mike’s Net, Setting the Qi field, creating field of protection, use of pendulum as assessment tool, dents and poles / Elder Circle

Level 3 \$450 (repeats \$350)

DJ teaches Sat.

9-5 Fri, Sat, Sun

June 3-5

Charting, QiGong pathways, Hopi back work, Centered Guidance as a personal practice, setting the Qi field, Birth and Death, Belt Channel practice, QiGong Finger Drumming, Kundalini. On Saturday Damaris Jarboux will teach Inner Alchemy, Inner Smile & Micro-Cosmic Orbit theory and practice.

Level 4 \$450 (repeats \$350)

9-5 Fri, Sat, Sun

Aug. 19-21

Dancing Cloud Hands, Shamanism-Scientism-Psychism, 7 year cycles, Centered Guidance theory, demo and exchange as a treatment, Mind Balance, energy shower and heel stomp, “all methods are traps”, ritual & QiGong healing, self and remote treatment, rauckshau meditation, relaxation QiGong

To reserve space, send \$100 deposit to: ‘Rachel Lee’, 2730 29th St. Boulder, Co., 80301 or Venmo @Rachel-Lee-857 (personal/family & friends)720 324 0501
Further year one inquiries, please contact:Damaris Jarboux damaris@thecenterplace.com
303 447 0484 bios & more info on the 4-year Qigong Healing Program at: thecenterplace.com
Rachel Lee: leerachel857@gmail.com Sherry Bauer: sherbau@yahoo.com