

THE CENTER PLACE

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

QIGONG HEALING PROGRAM of The Center Place

Year One * 2024 *

Four, 3-Day classes

A 100-hr program of four progressive 25-hour classes that will integrate theory, clinical applications, and personal practices of Qigong Healing. The program includes meditation, movement and Qigong Healing for oneself and exchanges with other students. We follow Boulder Covid guidelines. Practice classes are offered between levels, \$15 each.

YEAR ONE IS TAUGHT BY RACHEL LEE. 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 2-4

Introduction to QiGong and Centering: includes Centering meditation and movement; Qi emission, energetic protection; opening the chakras and the Central Channel; expanding and protecting one's energy field; among other topics.

Level 2 \$450 (repeats \$350) 9-5 Fri, Sat, Sun Apr 5-7

Deepening the understanding of Qigong, energy fields, and healing practices: includes Jing, Qi and Shen and 3 Tan Tien; meditation and movement practices to connect with, strengthen and increase the frequency of one's energy field; energy clearing and protection; energy healing for oneself and others; use of the pendulum as an assessment tool, among other topics.

Level 3 \$450 (repeats \$350) DJ teaches Sat. 9-5 Fri, Sat, Sun June 7-9

Deepening the understanding of Qigong pathways and healing: Includes assessment and charting for energy healing; energy meridians; Hopi back work and Qigong Finger Drumming; Centered Guidance as a personal practice; Birth and Death, among other topics. On Saturday Damaris Jarboux will teach Inner Alchemy, Inner Smile & Micro-Cosmic Orbit.

Level 4 \$450 (repeats \$350) 9-5 Fri, Sat, Sun Aug 16-18

Deepening the understanding of Qigong healing: includes forms to support Qi flow and emission, such as Dancing Cloud Hands and energy shower; theory of Shamanism-Scientism-Psychism, 7 year cycles, and "all methods are traps"; Centered Guidance as an energy treatment; Mind Balance; self and remote treatment; meditation practices such as rauckshau and relaxation QiGong, among other topics.

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