

Damaris Jarboux RN

THE CENTER PLACE

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2025 Public Chi Kung Classes

Saturdays 9am-5pm. \$150 (Repeats \$100)

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.

February 15, 2025

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.

June 14, 2025

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.

June 7, 2025

*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*

These are ancient and simple, but profoundly effective, practices you can learn in one day.