

## THE CENTER PLACE

[www.thecenterplace.com](http://www.thecenterplace.com) \* 2730 29th Street, Boulder, CO 80301

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### QIGONG HEALING PROGRAM of The Center Place Year One \* 2025-2026 \* Four, 3-Day classes

A 100-hour 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.

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 National Qigong Association as a Qigong Advanced Instructor Level III and a Clinical Qigong Practitioner.

Level 1 \$450 (repeats \$300)

9-5 Fri, Sat, Sun Dec 5-7

**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 \$300)

9-5 Fri, Sat, Sun Jan 30-Feb 1

**Introduction to Energy clearing and Qigong healing:** 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 \$300)

DJ teaches Sat.

9-5 Fri, Sat, Sun Apr 10-12

**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 \$300)

9-5 Fri, Sat, Sun Jun 12-14

**Deepening into and integrating Qigong personal and healing practices:** Includes forms to support Qi flow and emission, such as Dancing Cloud Hands and energy shower; theory of Shamanism-Scientism-Psychism; Centered Guidance as an energy treatment; Mind Balance; self and remote treatment; meditation practices such as Relaxation Qigong, among other topics.

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To reserve space, send \$150 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](mailto:damaris@thecenterplace.com), 303 447 0484; Rachel Lee: [leerachel857@gmail.com](mailto:leerachel857@gmail.com); bios & more info on the 4-year Qigong Healing Program at: [thecenterplace.com](http://thecenterplace.com)