

THE CENTER PLACE

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

QIGONG HEALING PROGRAM at The Center Place

Year Two * 2025 * Four, 3-Day classes

A 100-hour program of four 25-hour classes that will further integrate the theory, clinical applications, and personal practices of Qigong Healing / Medical Qigong. Classes should be taken progressively.

YEAR TWO IS TAUGHT BY SHERRY BAUER. Sherry has been in private practice doing Qigong Healing, Shiatsu and Bodywork since 1996. Besides her 20+ years of study at The Center Place with Damaris Jarboux, she has traveled to China several times, studying Medical Qigong at major hospitals with qigong doctors and masters. Sherry has taught Qigong Healing, Shiatsu and Energy Medicine since 2000 at institutions such as the Boulder College of Massage Therapy, Southwest Acupuncture College and Boulder Massage Therapy Institute. She is Certified by the NQA as a Level III Advanced QiGong Instructor and a Clinical QiGong Practitioner.

Level I \$450 (repeats \$300) DJ teaches Sat. 9-5 Fri, Sat, Sun February 14-16
Covers the A/P of the energy pathways & principles of Oriental medicine, yin/yang and Taoist principles and Qigong Healing - including assessment and dispelling of foreign energy (Int. and Wei Chi fields) and La Chi & Twists. Practices: The Three Tan Tien, Standing Posture.

Level 2 \$450 (repeats \$300) 9-5 Fri, Sat, Sun April 11-13
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, internal energy center "Star Spirals" with the Macrocosmic Orbit Practice, as well as bending the spine and connective tissue practices and morning Dao Yin. Treatment integrates Back Work, MCO, Finger Drumming, 8 EM Qigong Healing & spirit emanation in physical.

Level 3 \$450 (repeats \$300) DJ teaches Sat. 9-5 Fri, Sat, Sun June 13-15
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 Trigram Practices (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 4 \$450 (repeats \$300) 9-5 Fri, Sat, Sun date: TBA
Covers theory, physiology & consciousness of organ meridian Exit and Entry points, and the Master & Couple points for 8 extra-meridians - location, assessment and treatment as well as remote/ self-treatment, shoulder and hip circle exercises for opening the joints & WuJi Qigong

For inquiries about Year Two and to reserve space, please contact Sherry at:
sherbau@yahoo.com 720-205-0426

4-Year Qigong Healing Program director, Damaris Jarboux. More info on classes at:
damaris@thecenterplace.com 303-447-0484 thecenterplace.com