

THE CENTER PLACE

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

Qigong Healing and Personal Practice Foundations

Saturday, February 1, 2025
9 AM – 5 PM

A one-day introductory (or review) class to experience and learn about Qigong personal practice (meditation and movement), Qigong healing and energetic protection. Covers personal practices for engaging and moving your chi, an introductory healing practice and theory and practices for energetic protection. Join us for a nourishing and informative day of practice and learning, where we will explore these and other questions.

- What is Centering and why is it so crucial to health, well-being and healing?
- What is chi and how can chi be engaged for healing?
- How can I protect myself energetically?

Cost:

- \$150
- Students of the Qigong Healing Program who completed Year 1: \$100

To reserve a space: Please contact Rachel at leerachel857@gmail.com. Payment is by cash, check or Venmo family/friends (@Rachel-Lee-857).

Instructor:

Rachel Lee, Qigong Advanced Instructor Level III and Qigong Clinical Practitioner
leerachel857@gmail.com 720-324-0501

Bio & more info about The Center Place and the 4-year Qigong Healing Program at:
thecenterplace.com