

Qigong Immersion

A Day of Personal Practice & Healing

December 6, 2025
9 AM – 5 PM

- 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?

Please join us for a **Qigong Immersion** to experience and learn about Qigong personal practice (meditation and movement), Qigong healing and energetic protection. You will learn personal practices for engaging and moving your chi, a healing practice you can use for yourself or others, and how to protect yourself energetically.

Cost:

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

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

Instructor:

Rachel Lee, Qigong Advanced Instructor Level III and Qigong Clinical Practitioner
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Bio & more info about The Center Place and the 4-year Qigong Healing Program at:
thecenterplace.com