

Damaris Jarboux RN

THE CENTER PLACE

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2026-27 Public Chi Kung Classes

Saturday 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.

Saturday Nov. 14, 2026

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.

Saturday April 17, 2027

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.

Saturday May 1, 2027

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.
