

Damaris Jarboux RN

THE CENTER PLACE

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2026 Public Chi Kung Classes

Friday or Sat. 9am-5pm. \$150 (Repeats \$100)

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.

Friday April 10, 2026

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.

Sat. June 6, 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.

Sat. September 5, 2026

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.