

THE CENTER PLACE

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

Thursday Evening Qigong 6:00 – 7:15 PM

Improve your health, vitality and energy! And, find community connection through a weekly Qigong meditation and movement practice.

Open to any level of Qigong practitioner, including beginners, each evening includes a guided meditation followed by Qigong movement.

Practices will include:

- Centering, grounding and meditation, including 2-pole Practice, Rainbow Meditation, Solar Plexus Bowl, Relaxation Qigong, Healing Smile, Wellspring of the Heart, & others
- Qigong movement practices, including Wuji Gong, Standing Posture, Three Tan Tien, Dancing Cloud Hands, Three Jacky's, Energy Shower, Phoenix Rising from Ashes, Animal Frolics, meridian massage, & others
- Seasonal practices to support and strengthen the meridians and organs

Dates: Classes meet weekly, except for holidays.

Cost:

- A 10-class package for \$150 (and \$15/class thereafter)
- A drop-in fee of \$20
- Students of the Qigong Healing Program: \$15/class

Please contact Rachel at leerachel857@gmail.com for more information on dates. We meet on most Thursdays, but there is an occasional scheduled day off.

Payment is by cash, check or Venmo family/friends (@Rachel-Lee-857).

Rachel Lee

Qigong Clinical Practitioner and Advanced Teacher

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Bio & more info on The Center Place and the 4-year Qigong Healing Program at:

thecenterplace.com