

Damaris Jarboux RN

THE CENTER PLACE

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2019 Public Chi Kung Classes

Saturdays 9am-5pm. \$125 (Repeats \$90)

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.

March 9

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.

April 6

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.

September 7

*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.*
