

# MOVEMENT, MAGIC AND MYSTERY



You're invited to be part of an intimate circle of women as we dance with and dive into the energies surrounding the four great turnings of the year – Winter Solstice, Spring Equinox, Summer Solstice, and Fall Equinox.

Over the course of a year, we'll create a sacred container to explore the deeper wisdom of the body and the deeper wisdom of the spirit through:

- Qigong exercises for each season
- Shamanic rituals
- Journeying and journaling
- Between-session "homework" and tools

**WHEN:** December 18 (Winter Solstice energy)  
March 18 (Spring Equinox energy)  
June 17 (Summer Solstice energy)  
September 23 (Fall Equinox energy)

**TIME:** 1 – 5 pm

**WHERE:** The Imagine Center, 1924 Fourth Street, San Rafael  
(five-minute drive from 101; parking on-site)

**COST:** \$300 (register before December 1)  
\$325 after December 1 (space permitting)

**DEPOSIT:** \$50 holds your place (the group is limited to 10)

## ABOUT THE WORKSHOP LEADERS

Denise Aubin has been a teacher and healer for more than 25 years. She received her degree from the International Institute of Medical Qigong and is a certified Medical Qigong Therapist. Denise has a private practice in Marin, and leads classes in Qigong at College of Marin and other venues in the County.

Nancy Binzen holds a Doctor of Ministry (D.Min) in Wisdom Studies.

In her work, she draws on more than a quarter of a century of travel and study with traditional teachers worldwide, including Huichol, Peruvian, Mazatec, Native American, Druid, Aboriginal Australian, Maori, Hawaiian, and African elders. She is coauthor of *Tuning In: Simple Rituals for Everyday Living*.

For more information and to register, contact Denise Aubin at 415-389-8707  
or email [denise@danceofqigong.com](mailto:denise@danceofqigong.com)