



## Qigong and Women's Health

Join Denise Aubin, Certified Medical Qigong Therapist, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression.

Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility.

A wonderful way to start the day, Qigong can help you feel relaxed, happy and invigorated.

Please wear clothing for ease of movement. Bring a mat or “inside” shoes/slippers.

**When:** Monday mornings 9:00-10:00 am

**Cost:** \$40.00 for 4 classes/ \$15.00 drop- in. Try your first class for \$10.00

**Where:** Located in Mill Valley (Please call for directions)

**Please call to reserve your space at (415) 389-8707 or email**

**[denise@danceofqigong.com](mailto:denise@danceofqigong.com)**



### **About Denise:**

**Denise Aubin, MQT** received her degree from the *International Institute of Medical Qigong* and received certification as a Medical Qigong Therapist. Denise has been a teacher and healer for over thirty years. She loves life and finds great joy in helping others to become more of who they truly are.