

Qigong and Women's Health class at College of Marin

~ April 2 – May 21 ~

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. These classes will also include self massage, acupressure points, and meditation.

Qigong can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.

Handouts will be provided.
7 Saturdays, 9:10 – 10am
April 2 – May 21

Kentfield Campus, Physical Education Center 22

Fee: \$61.00 (Includes \$1 materials fee)

Course # 35100

To register for this class please visit www.marincommunityed.org, by fax at (415) 460-0773, through the mail: Admissions/Community Ed Registration, College of Marin, 835 College Ave., Kentfield, CA 94904 or go in person to the Admissions Office on the Kentfield Campus. Registration forms are available online, at the center fold of the schedule, and in the Community Ed and Admissions Offices.



About Denise:

Denise Aubin received her degree from the International Institute of Medical Qigong and is certified as a Medical Qigong Therapist. For more information, she can be reached at denise@danceofqigong.com or Visit: www.danceofqigong.com