



Tuesday and Thursday morning Qigong on Santa Margarita Island in San Rafael

Qigong classes ~ Tuesday and Thursday mornings ~10:00-11:00 am.

If you attend two classes in the same week you pay only \$15.00 for both classes. \$10.00 drop in for one class.

Please see directions below ~

Take 101 to the Civic Center/N. San Pedro Exit. After you exit take the right hand fork and go past the Civic Center on N. San Pedro for about 3/4 mile to the stop sign. (7/11 on right). Go left on Meadow to the end. You'll see a gate and a bridge to Santa Margarita Island.



About Denise:

Denise Aubin received her degree from the International Institute of Medical Qigong and is certified 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.

For more information, visit www.danceofqigong.com