



Saturday morning Qigong at Pine Street Clinic

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

- Learn a series of easy, effective exercises to strengthen the body, quiet the mind and balance the emotions while connecting with the heavens, earth and nature.
- The practice of Qigong will increase energy and your sense of well being. You will leave the class feeling happy and invigorated

Where: Pine Street Clinic

124 Pine Street @ San Anselmo Avenue (behind the Bank of America)
San Anselmo, CA 94960

Wheelchair Accessable

When: Every Saturday 10:30am-11:30am (no class dates: July 16th, August 6th, August 13th & September 10th)

Special note: people with disabilities or low energy are welcomed at this class. We have chairs at the clinic that are provided for anyone who wants to do the routine with the rest of the class from a seated posture.

Cost: \$10.00 drop-in

Please call to reserve your space (415) 389-8707 or email Denise at denise@danceofqigong.com



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, visit: www.danceofqigong.com