



Sunday Morning Qigong

8:30AM – 9:25AM

Corte Madera Recreation Center

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: Corte Madera Recreation Center
498 Tamalpais Drive, Corte Madera, CA 94925

When: Every Sunday 8:30am-9:25am.

You are also cordially invited to stay afterwards for a positive, life-affirming service from 10AM – 11AM with the Golden Gate Center for Spiritual Living .

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

Cost: Love Donation (suggested \$10)

Call Denise at (415) 389-8707 for more information



About Denise:

Denise Aubin, MQT is a certified Medical Qigong Therapist. Denise teaches Medical Qigong classes and has a private practice in Marin County.

For more information, please visit: www.danceofqigong.com