



Rest, Restore and Re-Align

Self Care for Staying Healthy This Winter with Qigong and Alexander Techniques

The cold and darkness of winter urges us to slow down and take care. This is the time of year to reflect on our health, replenish our energy and conserve our strength.

Please join **Denise Aubin**, Certified Medical Qigong Therapist and special guest **Elaine Belle**, Certified Alexander Technique instructor as we utilize time honored techniques and tools that will nourish and restore our energy and replenish our reserves. These tools will provide us with a deeper understanding of how to nurture ourselves and honor the cycle of this magical season.

Denise Aubin will share the ancient healing art form of Qigong as we honor this time when our bodies experience the natural inclination to slow down in winter. This is a time to come back to quietness and rebuild your energy reserves. The ancient Chinese believed that human beings should live in harmony with the natural cycles of their environment.

Rooted in nature, Qigong offers a valuable guide to recapturing the rhythm of the winter season. Qigong allows you to cultivate and nourish your yin qualities about who you are with loving compassion, acceptance and forgiveness.

Elaine Belle will share ways to deeply relax and find ease and comfort in one's body. Understanding simple, calming ways to release physical tension and restore a sense of alignment to the whole body.

When: Sunday, January 13, 2013

Time: 1:00 PM-4:00 PM

**Where: Tamalpais Valley Community Center,
203 Marin Ave., Mill Valley, CA. 94941**

Cost: \$60 Pre-registered \$70 At the door

Register: www.tcsd.us

Contact: 415-388-6393



Elaine Belle
*Certified Alexander
Technique instructor*

Elaine teaches the Alexander Technique classes and has a private practice in Mill Valley.

www.elainebelle.com



Denise Aubin, MQT
*Certified Medical Qigong
Therapist*

Denise teaches Medical Qigong classes and has a private practice in Mill Valley.

www.danceofqigong.com