



Health & Vitality Qigong Retreat for Women

1 - 3 Sept 2017

near Governors Bay, Christchurch

with Gabrielle Euteneuer
Universal Tao Senior Instructor



Transformational practices for every stage of a woman life

The Chinese healing art of Qigong has been a source of health and longevity for women for thousands of years. These exercises combine deep abdominal breathing and gentle movements to prevent and heal disease.

The time-proven practices are beneficial for women of all ages. This Qigong routine will build stamina, overall strength, enhance your balance and coordination, move Qi (life-force) in the chest to help prevent breast cancer, and increase your vitality.

The **“Dragon Qigong”** form moves Qi throughout the body in undulating movements, strengthens the shoulders and legs, and reawakens sensuality. The exercises are able to balance the hormonal system and to dissolve premenstrual symptoms or problems in or after menopause.

Experience Rest, Relaxation and Renewal of your whole being



- Qigong grounding & centering practices to reduce stress
- Women's Spirituality
- Qigong to balance metabolism & regulate weight
- Anti-aging techniques for women
- Qigong for Breast Health
- Meditation
- Connecting with nature's energy
- Restore your vitality through strengthening your pelvic floor

This weekend is loaded with practical, effective, and transformational information and practices to help all women maintain vibrant health

Voices from previous retreats:

"The course is very inspiring and a joy to attend.... my body has become more supple, stronger and relaxed." Elayne

"This weekend has changed my life! Given me a new ease on life...." Linda





Venue

Venue: Bellbird Heights, Living Springs Center
Banks Peninsula; near Governors Bay
20 minutes from Christchurch

The venue is situated in the tranquility of nature on the hills at the crater rim. Each room has beautiful views.
You have the ability to use the indoor, heated swimming pool in the breaks or before we start in the morning.
Accommodation in bunk bed rooms.

Gabrielle Euteneuer, was born 1961 in Germany and is now based in Christchurch, New Zealand. At the age of 16 Gabrielle started learning Hatha Yoga, energy work and spiritual development. From the age of 20 she studied the internal practices behind Daoist Qigong and Tai Chi. To teach and live the Daoist lifestyle, which she has done for more than 35 years is her life's vocation. In the last 30 years she has been travelling in Europe, USA, Thailand, Australia and New Zealand, both gaining more knowledge and then passing it on in teaching sessions.
She is an International Universal Tao Senior Instructor and is authorized to train Associate Instructors in Qigong, Tao Yoga for Women and Tai Chi Chuan.



Tao DVDs, CDs and energy Jade eggs for sale: see the website: www.taomotion.co.nz

Retreat: 1 - 3 Sept Fri 4.30pm - Sun 4.30pm

EarlyBird: \$520* Value: \$540

includes tuition, accommodation with linen & towel, vegetarian food & use of the swimming pool

* valid until 5 August with linen & towel (value \$18) After your enrolment you will receive a confirmation letter

Enrol me in the **Qigong for Women Retreat** 1-3 Sept 2017 in Bellbird Heights, Banks Peninsula

I pay 50% of the retreat fee now \$ Retreat fee: \$540 or EarlyBird \$ 520*

Shared accommodation includes bedding and towels (bed made)

and I like to book following options with additional costs:

- gluten free or other diet requirements \$24
- Motel unit for 2 - single room each \$180 (\$90 each only possible when 2 enrol)

I take responsibility for myself and I accept the conditions of participation.

Eligibility: Registration deposit 50% of the retreat costs. Registration will be accepted on receipt of deposit payment. The confirmation fee (registration deposit) is part of the retreat fee. The balance will be collected on arrival. There is a cancellation fee of \$50 up to 1st June, \$150 until 1st July, \$220 until 9th Aug. Thereafter, the entire fee is due if no replacement participant is provided. You can transfer your place to someone else.

Name..... Street.....

Town.....

Phone..... E-Mail.....

Either: I enclose a cheque for \$ Bank transfer: Tao Motion 38 9006 0298478 00

Date Signature