

## Seminar with Gabrielle Euteneuer

Gabrielle, born 1961, is a Senior Instructor of the Universal Healing Tao of Mantak Chia. This is a complete system of physical healing and personal development, which incorporates a number of practices.



From the age of 20 she studied Daoism including Qigong, Tai Chi, Taoist Yoga and internal practices. She is authorised to train Qigong and Tai Chi Instructors.

**Accommodation** in bunkbeds; sleeps 2-4 per room. Spacious rooms with veranda. A shared Motel unit & Studio unit option is available or you can be on the single room request list.

### Investment:

**Retreat: 3 ½ days**

Fr 20- Mon 23 October **\$720**

**Super Earlybird\* \$590**

\* If you enrol before 20th August. Limited space.

The seminar fee includes:

tuition, accommodation, vegetarian food and the use of the swimming pool.

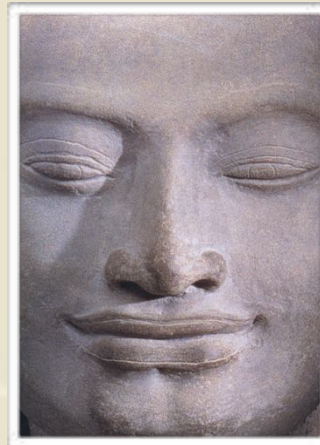
Bank account details:

Tao Motion 38 9006 0298478 00

Kiwi Bank or send a cheque to

137 Mountain Rd, RDI, Oxford, Canterbury

*"In the pursuit of learning,  
something is acquired every day.  
In the pursuit of the Tao, every day  
something is relinquished." Tao Te Ching*



To enrol or for more info:

**E-Mail: [info@taomotion.co.nz](mailto:info@taomotion.co.nz)**

Phone/text: Gabrielle 027 225 1646

**[www.taomotion.co.nz](http://www.taomotion.co.nz)**

### Venue:

Bellbird Heights

Living Springs Center

Banks Peninsula

near Governors Bay

20 minutes from Christchurch

Picture on Cover: Hua Shan mountain China - peaceful stillness inside and out

# Healing Tao Retreat



**20-23 October 2017**

**Inner Alchemy**

&

**Wisdom Qigong**

**Banks Peninsula  
near Christchurch**

# INNER ALCHEMY

## WISDOM & TAOYIN QIGONG

### Enrolment form:

Registration for the Healing Tao Retreat  
20-23 Oct 2017 in Bellbird Heights, Banks Peninsula:

Enrol me for the Healing Tao Retreat

I paid the enrolment fee \$190 and I will pay further \$170 closer to the retreat (or pay now \$360 and the balance at arrival) (please circle your option) and will pay the balance \$ \_\_\_\_\_ at arrival.

I bring my own bedding and towels & / or I like to book following options:

- Linen/Towel (supplied) \$12
- Linen/Towel (beds made) \$18
- Motel unit - \$95 single room (2 rooms)
- Studio unit \$150 for 1 person or couple plus \$40

I take responsibility for myself & I accept the conditions of participation

Name \_\_\_\_\_

Address \_\_\_\_\_

Ph: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Place \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

Eligibility: Registration deposit \$190 will be accepted in order of receipt of payment. There is a cancellation fee of \$60 up to 25th July, \$150 until 30th August, \$ 240 until 30th September. Thereafter, the entire retreat fee is due if no replacement participant is provided. You can transfer your place to someone else.

This year the "Inner Alchemy" retreat has a different structure. You learn an ancient meditation: the "Bridge & Regulator channel" in sitting, standing and lying down posture. It's a powerful practice to balance our organism within 4 - 15 minutes. Taoyin Qigong will open the joints and stretch the tendons - mainly practised on the floor. Everyday we will start with a centering breathing practice "Mantra Qigong". The mind becomes calm naturally and relaxed whilst maintaining a high energy level.

### Qigong Retreat: 20 - 23 October 2017

Friday 4.15pm - Monday 4pm

This seminar is a combination of exercises and meditations in motion, stretching, breathing and inner Stillness.

This Self-Healing Health & Meditation Retreat is held in part-time silence.

(prerequisite the knowledge of the Micro Cosmic Orbit. No need to know the "Fusion I & II")

### Mantra Qigong

originally this practice has it's roots in India. It balances our energy centers in a very short time. Mantra Qigong nourishes all the centers, so we are able to connect deeper with the heart.

### Liberation of the Heart

The heart is the seat of love and joy. Connecting with our heart unfolds the finest energy on a deep level.

The Retreat includes also:

- **Taoyin** gently stretches the tendons and muscles, and opens the joints. This releases blockages and liberates stagnated energy.

- **Tantien Qigong** strengthens a good center in the lower abdomen, which allows to store more vital energy easier.



*Tao of Silence - out of stillness appears motion again*



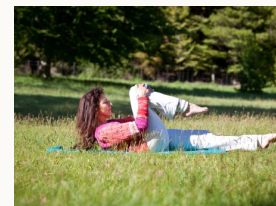
*The venue and the rooms offer stunning views.*

### The Bridge & Regulator Channel:

- regulates and builds bridges in the whole meridian system

### Wisdom Qigong:

- will synchronize the cerebrum and supply the brain cells with more life force
- The brain will become more animated



*Taoyin - gentle breathing and stretching exercises*



*Wisdom Qigong can raise the consciousness in daily life*