

Autumn 2019

Tai Chi

in Oxford

Weekly classes

Tao Qigong Yoga Fitness

with Senior Instructor
Gabrielle Euteneuer**Mon 12.15pm & Tue 6.30pm****Tai Chi***Train Balance / Focus the Mind*

Tai Chi is for anyone who wants to move with greater strength, grace, and ease. It trains balance and body awareness, and focuses the mind.

With daily practice your body will become smooth, conscious and your movements graceful.

Tai Chi starts 29/30 April:

Mon 12.15-1.15pm

Tue 6.30-7.30pm

Booking is essential

Tai Chi & Qigong**tuition fee:**

\$98 for 8 sessions or
\$16 casual

Fridays 9.30am**Qigong for Autumn***Gain Vitality / Reduce Stress*

Tao Qigong is the art and science of refining and cultivating internal energy

Themes are: Abdominal breathing and gentle movements in sitting and standing postures. Explore easy-to-learn tools to transform negative emotions into life-force again.

Restore your vitality and rejuvenate your body cells *with gentle exercises.*

New class starts 3rd May

Fridays 9.30-10.45am

Venue (all classes are indoors):
Jaycee Hall, next to the museum
56 Main Street, Oxford

Find out which class is best for you - just call/text/email Gabrielle

**Mon 10am, Fri 11am &
Tue 5.15pm****Yoga Fitness workout**

Starting with movements of **Tai Chi** to warm up and to bring you into your body.

Yoga and **Qigong** open up, balance and strengthen the body. Including hips and joints.

With **Pilates** we tone the key muscle groups. We finish with a relaxation practice.

**Classes start Fri 22 Mar,
Mon 8 April & Tue 30 April:**

Mon 10am-11am

Fri 11am-12pm

Tue 5.15pm-6.15pm

Book early to save your spot

Fitness tuition fee:

\$70 for 8 sessions or
\$14 casual (very limited space)

To register please email: info@taomotion.co.nzVisit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646