

Autumn/Winter 2018

Ongoing classes

# Tai Chi

*in Hillsborough/Opawa*

# Tao Qigong

*with Senior Instructor**Gabrielle Euteneuer***Wednesdays****5.10pm****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 6 June:****Wed 5.10-6.10pm**

Book early to save your spot

**Qigong is ongoing****Tuition fee:**

\$110 for 8 sessions or

\$17 casual

(casual applies for Qigong classes or 6 June for Tai Chi)

**Tuesdays 10am****Tao Qigong***Gain Vitality / Reduce Stress*

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. Qigong is practiced by millions of people worldwide and considered an ultimate way to prevent illness, enhance wellness and inner balance.

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

**Tuesdays 10-11am****Venue** (all classes are indoors):

**4 Kennedy Place,  
Hillsborough, Christchurch  
(corner Opawa Road)**

**Wednesdays****6.20pm****Qigong: Iron Shirt***Flex the Spine / Relax Within*

This old Qigong discipline strengthens the body and creates a protecting "iron shirt". Originally it was used to keep away inner and outer injuries. Nowadays we use this exercise to improve our immune system. It corrects bad body posture and dissolves unfavourable habits in movements.

These postures strengthen the tendons and bones, and create an inner "Qi pressure" in the lower abdomen.

**Wednesdays 6.20-7.20pm**

You start a Qigong class any time  
Booking is essential

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

To register please email: [info@taomotion.co.nz](mailto:info@taomotion.co.nz)Visit our website: [www.taomotion.co.nz](http://www.taomotion.co.nz)

or call Gabrielle

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