

## 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.

**VENUE:** House of Sound & Healing,  
Governors Bay  
is situated in the beautiful bay at  
the foot of Port Hills  
20 minutes from Christchurch City

Bank account details:  
Tao Motion 38 9006 0298478 00



Prerequisite: knowledge of "The Cosmic Orbit"  
or attended a Basic Tao seminar



**Retreat: 16 - 19 March 2018**  
Fri 6.30pm - Monday 4.30pm (3½ days)

**Tuition Fee: \$425 \$ 390\***  
plus vegetarian lunch, morning & afternoon tea  
break **\$90** (\$30 per day)  
\*Refresher from a previous Inner Alchemy retreat with  
Gabrielle

**Accommodation** is available \$35-50 per night  
(limited space - marae style) 2-3 sleep in 1 bedroom.  
Including delicious, European, home made, organic  
Breakfast and bedding.  
Bring your own towels. Vegetarian dinner option is  
available (\$20 per day).

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)**

# Healing Tao Seminar



**16 - 19 March 2018**

**Inner Alchemy  
&  
Wisdom Qigong**

**Governors Bay  
near Christchurch**

# INNER ALCHEMY

## WISDOM & TAOYIN QIGONG

**Enrolment form for the Healing Tao seminar**  
16-19 March 2018 in Governors Bay:

Enrol me for the Healing Tao seminar

Tuition fee: \$425 / \$390\* or \$ \_\_\_\_\_

I paid the enrolment fee \$190 and I will pay further \$100 closer to the retreat (or pay now \$250 and the balance at arrival) (please circle your option) and will pay the balance \$ \_\_\_\_\_

at arrival. Plus \$90 for Tea breaks / lunches\*\*

I like to book following option/-s:

- accomodation for 3nights (mattress) \$105  
 accomodation for 3nights (bed) \$150  
 Dinner for Fr / Sat / Sun / Mo  
Please circle each Dinner \$20 \$ \_\_\_\_\_

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 15th Jan, \$150 until 15th February, \$ 240 until 28th February. Thereafter, the entire seminar fee is due if no replacement participant is provided. You can transfer your place to someone else.

\*refresher

\*\* Vegetarian: 3 morning/ afternoon Teas and 3 lunches

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: 16 - 19 March 2018

Friday 6.30pm - Monday 4.30pm

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.

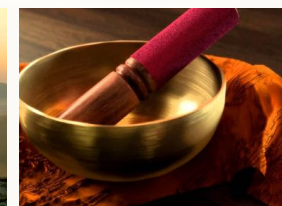
The Retreat includes also:

- **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*



*Sound can create frequencies to heal the body cells*

#### 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*