

## 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 Gabrielle studied Daoism including Qigong, Tai Chi, Taoist Yoga and internal practices. To teach and live the daoist lifestyle, which she has done for more than 35 years is her life's vocation.

She is authorised to train Qigong and Tai Chi Instructors.

### Investment:

**Retreat: 3 ½ days**

Fr 31 May 6pm- Mon 3 June 5.30pm **\$ 620**

**Early bird Rate\* \$540**

\* If you enrol before 31 January 2019

### The seminar fee includes:

tuition, accommodation & vegetarian food.

Delicious food made by the wonderful 5-element-nutrition chef Julja will support the transformational energy work.

**Accommodation:** Most rooms are twin shared. Two are 3-bedrooms to be shared.

Bank account details:

Tao Motion 38 9006 0298478 00

Kiwi Bank or send a cheque to

137 Mountain Rd, RDI, Oxford 7495, Canterbury

*What comes from the heart,  
touches the heart.*



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:

Glentui Meadows

between Oxford and Loburn

Canterbury

50 minutes from Christchurch Airport

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

# Healing Tao Retreat



**31 May - 3 June 2019**

Queen's Birthday weekend

**Qigong**

&

**Liberation of the Heart**

**Glentui Meadows  
near Oxford/Canterbury**

# COSMIC HEALING QIGONG

## & HEART MEDITATION

### Enrolment form:

Registration for the Healing Tao Retreat  
31 May -3 June 2019 in Glentui Meadows:

Enrol me for the Healing Tao Retreat

I paid the enrolment fee \$150 and I will pay further \$150 closer to the retreat (or pay now \$300 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) \$15  
(flat sheet, fitted sheet, pillow & case, duvet, blanket and a towel)
- gluten free or other diet requirements (Please only, when you are allergic. Thank you)

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

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

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

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

Place	Date	Signature
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Eligibility: Registration deposit \$150 will be accepted in order of receipt of payment. There is a cancellation fee of \$70 up to 15th Feb, \$180 until 19th April, \$ 250 until 17th May. Thereafter, the entire retreat fee is due if no replacement participant is provided. You can transfer your place to someone else.

Once a year this Self-Healing Health & Meditation Retreat takes place.

Gabrielle has adapted daoist exercises for the 21<sup>st</sup> century to achieve inner cleansing over the 3 1/2 days. Amidst nature and tranquillity in Glentui Valley, you will learn how to create a special kind of “weather” in yourself and how to connect with the outer forces. The mind becomes calm naturally and relaxed whilst maintaining a high energy level.

### Qigong Retreat: 31 May - 3 June 2019

Friday 6pm - Monday 5.30pm

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

Through the exercises we will increase health and expand nourishing life force, reaching each body cell to effect rapid change & balance the emotions.

(this retreat is for beginners, as well for advanced students)

#### “Liberation of the Heart”

Also known as the “Inner Arriving in your Heart“. Experience the power of your heart and a deep connection with life through Qigong.

#### Stillness and Action

It is important to find a balance of stillness and action (yin and yang), not just in Qigong but in everyday life. In movement, seek stillness and rest. In rest, be mindful and attentive.

#### Cosmic Healing Qigong:

This is an introduction into the ancient practice, how to connect with the energy around us:

- Learn how to harness these energies for healing one self and others.
- This practice strengthen & open us up to the outer forces and energies of the Universe.



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



*Joy of the heart - The balance between stillness & action*

#### Dragon Pearl Qigong:

- is a beautiful set of slow movements, which supports a free flow of Qi (life-force) through the whole body.

#### Taoyin:

- gently stretches the tendons and muscles, and opens the joints. This can release blockages.



*Taoyin - gentle breathing and stretching exercises*



*Cosmic Healing Qigong helps to connect with energy*