

Tai Chi Tao Qigong

Fendalton Community Centre

with Gabrielle Euteneuer

2017

**Saturdays 9.15am****Tai Chi***Relax & Refresh body and 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. "Tao Motion Tai Chi" helps to relax deeply and at the same time in you.

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

Tai Chi class **Sat 9.15am**
Tao Qigong **Sat 10.30am**

**Classes start
Sat 28 January**

Enrolment closes
19th January

Saturdays 10.30am**Tao Qigong***Breathe & Recharge*

Qigong is the art of cultivating one's life force energy.

Learning Qigong can help you feel, move and work with vitality in your body. It is a powerful way to become more fully alive and conscious.

Qigong is considered an ultimate way to prevent illness, enhance wellness and ensure a long life.

Recharge your life battery and rejuvenate your body cells with gentle exercises.

Venue:
Fendalton Community Centre, 170, Clyde Rd, Fendalton, Christchurch

**Tuition fee**

8 sessions \$110 or \$17 casual

Duration one hour
Booking is essential.
All classes are indoors.

More classes:**Halswell Centre:**

Qigong Tuesdays 5.10pm

Tai Chi Tuesdays 6.15pm

Hillsborough/Opawa:**Qigong:**

Tue 9.30am

Wed 6.20pm

Tai Chi:

Wed 5.15pm

Qigong Health Retreats:**Qigong for Women**

10-12 March 2017

Healing Tao Qigong

for everyone

8-10 September 2017

near Governor's Bay, Christchurch
Request the flyers

To register please email: info@taomotion.co.nz

Visit our website: www.taomotion.co.nz

or call Gabrielle 027 225 1646

Office: 03 942 9310