

Jan/Feb 2019

Ongoing classes

Tai Chi**Tao Qigong****Yoga**

in Oxford

Senior Instructor

Gabrielle Euteneuer

Mondays 12.15pm**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 28 Jan:
Mon 12.15-1.15pm

Booking is essential

Tai Chi & Qigong
tuition fee:

\$98 for 8 sessions or
\$15 casual

(casual applies for the Qigong class or 29 Jan for Tai Chi)

Fridays 9.30am**Qigong for Summer***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 1st Feb
Fridays 9.30-10.45am

Venues (all classes are indoors):
Friday classes: [Town Hall Oxford](#)

Monday classes: [Jaycee Hall](#)
[Both on Main Street in Oxford](#)

Mon 10am & Fri 11am**Yoga Fitness workout***Get longer and stronger*

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.

New class start Fri 25 & Mon 28 Jan:

Mon 10am-11am

Fri 11am-12pm

Book early to save your spot

Fitness tuition fee:

\$70 for 8 sessions or

\$13 casual (very limited space)

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

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

Visit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646