

# Yoga & Tai Chi

Workshops for everyone

**Sat 9 March 10am-1.30pm**

JC Hall, Oxford

**Yoga** 10-11.30am

**Tai Chi** 11.50am-1.20pm



**Yoga** will help you strengthen and lengthen your muscles as you relax and release tension. The class is a journey through a slow-paced style of yoga with the body postures explained in detail. Gabrielle will also offer modified options and correction of the postures. **Tai Chi** trains balance and body awareness, focuses your mind and relaxes within. Tai Chi can make you feel relaxed and calm, as well as invigorated at the same time

**Tuition fee:** \$28 (\$20\*) each class or \$48 (\$38\*) for both classes

\* tuition fee when you already attend an ongoing class with Gabrielle (8 classes minimum)

Senior Instructor and Tao Teacher Gabrielle Euteneuer with 30 years teaching experience

Limited space. Booking is essential

Phone/Text: Gabrielle 027 225 1646

Email: [tao@taomotion.co.nz](mailto:tao@taomotion.co.nz) Website: [www.taomotion.co.nz](http://www.taomotion.co.nz)



Gabrielle Euteneuer Universal Tao Senior Instructor of New Zealand

## How to enrol for Tao Motion ongoing classes in Oxford

Contact Gabrielle (call, email or text) and  
pay \$15 in the Tao Motion bank account and mention:

under Particulars    which venue  
under code            which class  
under reference      your name

And pay the balance at least 3 days before the class online or cash on the spot.

Bank transfer: Tao Motion 38 9006 0298478 00 (Kiwibank)  
or pay the whole amount

Eligibility: \$15 is non-refundable confirmation fee, but you can transfer your place to someone else

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