

# Yoga & Tai Chi

Workshops for everyone

**Sat 27 July 10.30am-1.50pm**

JC Hall, Oxford

**Yoga** 10.30am -12pm

**Tai Chi/Qigong** 12.20pm-1.50pm



The **Yoga** 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 & relaxes within. **Qigong** is similar to Tai Chi, but easier to learn. In this class you learn to balance the kidneys and lungs. The **Tai Chi/Qigong** class offers exercises in motion, standing & sitting postures.

**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

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