

Tai Chi / Tao Qigong classes

»Flex your spine/ Soften your Heart«

Start: **Tue, 5th September** Qigong 5.10pm & Tai Chi 6.15pm

in Halswell Centre, Christchurch

FREE class: QIGONG 5th Sept at 5.10pm

Tai Chi trains balance and body awareness, focuses your mind and relaxes within.

Tao Qigong are gentle exercises in standing, sitting and moving postures. Qigong for Spring & "Kick start your immune system"

Beginner classes - Booking is essential

Tuition fee: \$110 for 8 classes Tai Chi or Qigong (\$13.75 per class)
or \$17 for 1st class (for Tai Chi 5th Sept 6.15pm
for Qigong 12th September 5.10pm)

with Senior Instructor & Teacher Gabrielle Euteneuer She has more than 25 years teaching experience

Venues: Halswell Centre, 341 Halswell Road - same building as the library

more classes in Fendalton Community Centre & Hillsborough

Phone: Gabrielle 027 225 1646

Email: tao@taomotion.co.nz

Weekly classes; No classes during School Holidays

Website: www.taomotion.co.nz

