

Tai Chi Tao Qigong

Fendalton Community Centre

with Gabrielle Euteneuer SPRING 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 16 September**

Enrolment closes
7th September

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 10am

Wed 6.20pm

Tai Chi:

Wed 5.10pm

Qigong Retreat:

Health & Vitality Qigong for Women

1-3 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