

Jan/Feb 2019 Ongoing classes

# Tai Chi

in Hillsborough/Opawa

# Tao Qigong

Senior Instructor

Gabrielle Euteneuer

**Mondays 5.15pm**

## 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 5.15-6.15pm**

Book early to save your spot

**Tuesday Qigong continues**

### Tuition fee:

\$110 for 8 sessions or

\$17 casual

(casual applies for Qigong classes or 29 Jan for Tai Chi)

**Tuesdays 10am**

## Tao Qigong

*Gain Vitality / Reduce Stress*



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. Qigong is practiced by millions of people worldwide and considered an ultimate way to prevent illness, enhance wellness and inner balance.

Restore your vitality and rejuvenate your body cells *with gentle exercises.*

**Tuesdays 10-11am**

(open class, you can start now)

**Venue** (all classes are indoors):

**4 Kennedy Place,  
Hillsborough, Christchurch  
(corner Opawa Road)**

**Mondays 6.30pm**

## Qigong for Summer

*Flex the Spine / Relax Within*



Tao Qigong is the art and science of refining and cultivating internal energy

The postures are moving or stationary, both standing and sitting for physical health, balanced emotions and mental clarity.

Qigong for Summer balances the heart and kick starts the metabolism.

Through the exercises we will increase health and expand nourishing life force, reaching each body cell to effect rapid change.

### New class starts 28 Jan:

**Mon 6.30-7.30pm**

Booking is essential

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

To register please email: [info@taomotion.co.nz](mailto:info@taomotion.co.nz)

Visit our website: [www.taomotion.co.nz](http://www.taomotion.co.nz)

or call/text Gabrielle

027 225 1646