

Winter 2019

# Tai Chi

## Fitness work-out

**in Oxford**

Weekly classes

# Tao Qigong & Yoga

with Senior Instructor

**Gabrielle Euteneuer****Wednesdays 10.30am****Tao Yoga** ▶ **NEW***Flexibility / inner Relaxation*

This is a slow-paced yoga class with aspects of Taoist traditions.

▶ We focus on proper alignment and mental repose. Devoting more time to a posture, which naturally decreases stress and encourages relaxation.

▶ This improves flexibility, supports muscle development and helps open up areas around the joints that are difficult to access (i.e. hips and lower back).

**Tao Yoga SPECIAL:**

Wed 29 May 10.30am

Tuition fee **\$5**

Booking is essential

Term starts:

Wed 12 June 10.30am

**Tao Yoga introduction fee:**

\$70 for 8 sessions or

\$12 casual

**Fridays 9.30am****Qigong for Autumn***Gain Vitality / Reduce Stress*

Tao Qigong is the art and science of refining and cultivating internal energy. Restore your vitality and rejuvenate your body cells with gentle exercises.

Fridays 9.30-10.45am

**Mon 12.15pm****Tai Chi** started 29 April*Train Balance / Focus the Mind***Tai Chi & Qigong****tuition fee:**

\$98 for 8 sessions or

\$16 casual

**Venue** (all classes are indoors):Jaycee Hall,  
next to the museum

56 Main Street, Oxford

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

**Mondays 10am; Fri 11am****Yoga Fitness workout**

Starting with movements of



**Tai Chi** to warm up and to bring you into your body. **Yoga** and **Qigong** open up, balance and strengthen the body. Including hips and joints.

With **Pilates** we tone the key muscle groups. We finish with a relaxation practice.

**Classes:**

Mondays 10am-11am

Fridays 11am-12pm

Book early to save your spot

**Fitness tuition fee:**

\$70 for 8 sessions or

\$14 casual (very limited space)

**Saturday classes****on 27th July**

Yoga 10.30am - 12pm

Tai Chi/ Qigong 12.20 - 1.50pm

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