

Winter 2018 Ongoing classes

Tai Chi

in Hillsborough/Opawa



Tao Qigong

Senior Instructor

Gabrielle Euteneuer

Wednesdays

5.10pm

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 13 June:

Wed 5.10-6.10pm

Book early to save your spot

Tuesday **Qigong** continues

Tuition fee:

\$110 for 8 sessions or

\$17 casual

(casual applies for Qigong classes or 13 June 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

Venue (all classes are indoors):

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

Wednesdays

6.20pm

Qigong: Iron Shirt

Flex the Spine / Relax Within



This old Qigong discipline strengthens the body and creates a protecting "iron shirt". Originally it was used to keep away inner and outer injuries. Nowadays we use this exercise to improve our immune system. It corrects bad body posture and dissolves unfavourable habits in movements.

These postures strengthen the tendons and bones, and create an inner "Qi pressure" in the lower abdomen.

Wednesdays starts 13 June
6.20-7.20pm

You start a Qigong class any time
Booking is essential

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

To register please email: info@taomotion.co.nz

Visit our website: www.taomotion.co.nz

or call Gabrielle

027 225 1646