

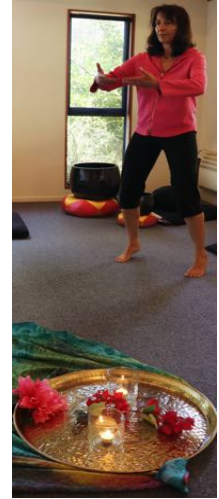
Women's Health & Vitality

Qigong Seminar

13 - 14 July 2019

Hillsborough, Christchurch

with Gabrielle Euteneuer
Universal Tao Senior Instructor



Learn to nurture your essence in an easy, natural, feminine way

The Chinese healing art of Qigong has been a source of health and longevity for women for thousands of years. These exercises combine deep abdominal breathing and gentle movements to prevent and heal disease.

The time-proven practices are beneficial for women of all ages. This Qigong routine will build stamina, overall strength; enhance your balance and coordination. The exercises are able to balance the hormonal system and to dissolve premenstrual symptoms or problems in or after menopause.

Experience Rest, Relaxation and Renewal of your whole being

Learn Women's Qigong for :



- Grounding & centering to reduce stress
- Balancing your metabolism & regulate weight
- Anti-aging
- Women's spirituality
- Nourishing clarity & simplicity
- Restoring your vitality
- Learn the beautiful sequence of Dragon Pearl Qigong

Self-Healing, Meditation, Sexuality and Qigong

Heart Meditation - releases tension from the heart
"the cauldron of our emotions".

The heart maintains our innate wisdom, contentment, and emotional balance.





Venue: Buddhist Centre,
Hillsborough
Christchurch

For lunch: Cafes are nearby or bring your own food.
There will be a morning & afternoon tea break and 1½ hour lunch break.
Herbal & Green Tea is provided.

Gabrielle Euteneuer, was born 1961 in Germany and is now based in Canterbury, New Zealand. At the age of 16 Gabrielle started learning Hatha Yoga, energy work and spiritual development. From the age of 20 she studied the internal practices behind Daoist Qigong and Tai Chi. To teach and live the Daoist lifestyle, which she has done for more than 35 years is her life's vocation. In the last 30 years she has been travelling in Europe, USA, Thailand, Australia and New Zealand, both gaining more knowledge and then passing it on in teaching sessions. She is an International Universal Tao Senior Instructor and is authorized to train Qigong Teachers.



Tao DVDs, CDs and energy Jade eggs for sale: see the website:

www.taomotion.co.nz

Seminar: Sat 9am-5pm & Sun 9am-5pm

Sat 13 July- 14 July 2019

Tuition fee: \$290

Early Bird: \$240*

* **Conditions apply:** Early Bird is valid either until 8 June or when the 5 spaces are gone. You will receive a confirmation letter 3 weeks before the seminar.

Enrol me in the **Women's Qigong seminar** 13 -14 July 2019 in Hillsborough, Christchurch

I pay 50% of the retreat fee now \$

Tuition fee: \$290 or Early Bird \$ 240*

I take responsibility for myself and I accept the conditions of participation.

Eligibility: Registration deposit 50% of the seminar costs. Registration will be accepted on receipt of deposit payment. The confirmation fee (registration deposit) is part of the seminar fee. The balance will be collected on arrival. There is a cancellation fee of \$25 up to 8th June, \$90 until 22nd June, \$140 until 6th July. Thereafter, the entire fee is due if no replacement participant is provided. You can transfer your place to someone else.

Name..... Street.....

Town.....

Phone..... E-Mail.....

Either: I enclose a cheque for \$ Bank transfer: Tao Motion 38 9006 0298478 00

Date Signature