



Women's Health & Vitality

Qigong Retreat

31 Aug - 2 Sept 2018

near Governors Bay, Christchurch

with Gabrielle Euteneuer
Universal Tao Senior Instructor



Transformational practices for every stage of a woman life

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-proofed practices are beneficial for women of all ages. This Qigong routine will build stamina, overall strength, enhance your balance and coordination, move Qi (life-force) in the chest to help prevent breast cancer, and increase your vitality.

The exercises are able to balance the hormonal system and to dissolve premenstrual symptoms or problems in or after menopause.

"Bone Breathing Qigong" draws external energy in through skin and muscles. This can improve our bone density.



Experience Rest, Relaxation and Renewal of your whole being

- Qigong grounding & centering practices to reduce stress
- Women's Spirituality
- Qigong to balance metabolism & regulate weight
- Anti-aging techniques for women
- Qigong for Breast Health
- Meditation
- Bone breathing Qigong - relieve the heart of excessive work
- Restore your vitality through strengthening your pelvic floor

This weekend is loaded with practical, effective, and transformational information and practices to help all women maintain vibrant health

Voices from previous retreats:

"The course is very inspiring and a joy to attend.... my body has become more supple, stronger and relaxed."
Elayne

"This weekend has changed my life! Given me a new ease on life...." Linda





Venue: Harbour View Lounge, Living Springs Center Banks Peninsula; near Governors Bay 20 minutes from Christchurch
 The venue is situated on the hills at the crater rim. Twin share rooms & 2 rooms with bunk beds (sleeps 3-4). Optional single rooms (limited space). Most rooms have beautiful views. The Harbour View Lounge has stunning views over the sea.

You have the ability to use the indoor, heated swimming pool in the breaks or before we start in the morning.

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 30 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 Associate Instructors in Qigong, Tao Yoga for Women and Tai Chi Chuan.

Tao DVDs, CDs and energy Jade eggs for sale: see the website: www.taomotion.co.nz



Retreat: 31 August - 2 Sept Fri 3.30pm - Sun 5pm **Investment: \$590**

Anniversary Special includes the Qigong audio "The Inner Smile": **\$480***
 includes tuition, accommodation, delicious vegetarian food & use of the swimming pool

* **Conditions apply:** Only limited space for the Anniversary special. After your enrolment you will receive a confirmation letter.

Enrol me in the **Women's Qigong Retreat** 31 Aug-2 Sept 2018 in Harbour View Lounge, Living Springs, Banks Peninsula

I pay 50% of the retreat fee now \$ Course fee: \$590 or Anniversary fee \$ 480*

I bring my own bedding and towels

and / or I like to book following options with additional costs:

- | | |
|--|---|
| <input type="checkbox"/> Linen/Towel (supplied) \$20 | <input type="checkbox"/> single room (limited space) \$50 (\$25 per night) |
| <input type="checkbox"/> Linen/Towel (beds made) \$30 | <input type="checkbox"/> Dietary requirement \$24 |

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

Eligibility: Registration deposit 50% of the retreat costs. Registration will be accepted on receipt of deposit payment. The confirmation fee (registration deposit) is part of the retreat fee. The balance will be collected on arrival. There is a cancellation fee of \$70 up to 25th June, \$170 until 10th July, \$280 until 10th August. Thereafter, the entire fee is due if no replacement participant is provided. You can transfer your place to someone else. *Limited space for the anniversary fee. Request, if there is still space

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

Town.....

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

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

Date Signature