

# Yoga/Qigong

## fitness workout class

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One hour fitness work-out with elements from Yoga, Tai Chi, Pilates and Qigong

New term: Fri 7th Sept 11am & Mon 10 Sept 10am

**Get longer and stronger**



Starting with easy flow movements of **Tai Chi** to warm up and to bring you into your body.

With **Yoga**, we open up and strengthen the body.

With **Pilates** we tone the key muscle groups.

The class will finish with a 5-minute relaxation practice.

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**Where:** Town Hall Oxford (back room)

Fri 7 Sept – 19 Oct    Mon 10 Sept – 22 Oct (duration: 1 hour)

**Spring Special fee:**

\$65 for 7 weeks Mondays or Fridays or

\$45 for 4 classes (the 4 classes need to be clarified at payment)

\$13 casual (condition: booking is essential)      limited space

Book early to save your spot

with Gabrielle Euteneuer – Senior Instructor & Teacher of the Healing Tao

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