

QIGONG FOR EVERYONE

Spring class 2018

Qigong is an ancient healing art that effectively works to enhance the energy of the body/mind/spirit

Fridays 9.30-10.45am Start: 14 Sept 2018

Tao Qigong

You can start learning these enjoyable, gentle exercises from young age to 70+ :

- to prevent and heal illnesses and injuries
- slow or reverse the degeneration of ageing
- deeply relax the body and mind
- reduce stress

For Spring learn exercises to kick start your metabolism, to balance the liver and rejuvenate the spine.



Tao Breathing and Stretching exercises - will improve circulation of energy. They will keep your spine, ligaments and tendons strong and flexible.

Where: Town Hall Oxford (back room)

Fr 14 Sept – 16 Nov 9.30am (no class 26th Sept & 2 Nov)

Costs: \$98 for the whole term (8 classes; 75 minutes each)

How to enrol: Pay \$15 to save your spot. After the 1st class you can decide, if you want to enrol for the whole term and pay the balance of \$83

with Gabrielle Euteneuer – Senior Instructor & Teacher of the Healing Tao
The picture above: Mantak Chia – originator of the Healing Tao system

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