

# THE ENERGY EGG EXERCISE FOR WOMEN

**THE ENERGY EGG EXERCISE IS A WONDERFUL  
SENSUAL PRACTICE FOR EVERY WOMEN!**

Get a healthy tone at  
your pelvic floor \*

Strengthen your immune system  
in your lower abdomen \*

Bring balance and health into  
your sexual organs and life \*

The exercises help increase blood  
and lymph flow through your  
pelvic floor, which in turn  
increases vitality and resilience to  
imbalances \*

**It has helped women discover  
that intercourse is an  
exceptional experience because  
of her own ability to pleasure  
herself from the inside out!**

These are just a few reasons,  
why the energy egg exercise is so  
healing for us women!

## TAO MOTION

### WOMEN'S REJUVENATION QIGONG SEMINARS

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

Gabrielle Euteneuer has more than 25 years experience in teaching the healing art of Qigong. She runs courses in Christchurch and Canterbury and once a year throughout New Zealand.

**Contact Gabrielle today  
to book a one-on-one  
session and ask about  
upcoming events.**

*serenity*

*gentle exercises*

*finest joy within*

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