

Different gemstones - if you choose Rose quartz or Jade, it is a personal decision; both semi gemstones are perfect for this practice. The semi gemstone eggs are specially made for the exercise. Carefully chosen, what polish is used. Use only eggs, which have been specially made for the practice.

Jade Energy Egg – Jade brings the energy in balance in the lower abdomen. In case the energy is very low and cold, the exercise might generate excessive heat. The quality of jade can prevent this. Jade is also good for the energy in the kidneys.

Rose quartz Energy Egg – Rose quartz opens the heart, wakes up self-love and respect for oneself. It connects the heart energy with the sexual organs and glands. It brings warmth and health into the lower abdomen.

Hi, I am Gabrielle and I know this beautiful, amazing practice since more than 39 years. It's wonderful to witness the changes women experience, when they start to connect with their own healing energy within.

About Gabrielle Euteneuer from Tao Motion, New Zealand:

Gabrielle is a Senior Instructor and Teacher of the Universal Healing Tao system. She has more than 30 years teaching experience to support Women on their path to balance their hormones and connect with their female sexuality.

Check out her Women's Health Qigong seminars & retreats.

There is also the option to get advice via a private Skype/ Zoom session:

- when you have problems with your menstruation or menopause
- when you want to get pregnant
- when your metabolism is not in balance
- when you experience mood swings
- and other Women's issues



GABRIELLE FROM WWW.TAOMOTION.CO.NZ