

*Tao Motion makes ancient Chinese practice accessible and easy in this modern era with a simple, easy system.*



PHOTO BY JULIA HOME

## TAO MOTION



### Offer to this&that readers

For new clients, Tao Motion is offering one free weekly class.

Expires March 13, 2015 - bookings essential.

#### WEEKLY CLASSES

##### Fendalton Community Centre

Thursday	10am - 11am	Tao Qigong
Saturday	9am - 10am	Tai Chi
	10.15am - 11.15am	Tao Qigong

##### 4 Kennedy Place, Hillsborough, Opawa

Tuesday	8.15am - 9.15am	Tai Chi
	9.30am - 10.30am	Tao Qigong
Wednesday	5.15pm - 6.15pm	Tai Chi
(pm)	6.20pm - 7.20pm	Tao Qigong

### Weekend classes

Every 5 or 6 weeks Gabrielle offers a Saturday or Sunday afternoon class for those who can't make the weekly timetable or who want some extra tuition in techniques or to address specific health problems. Check the website for dates or phone to book.

### Revitalise yourself with Tao Qigong for Women

Once a month Tao Motion offers specialized breathing, gentle movements, and visualization for women to achieve things like: Open your heart, make you laugh, tone the pelvic floor, improve libido, give you inner strength, healthy menstrual cycles, give you extra energy, improve lymphatic flow in the breast tissue, balance the emotions and revitalize you.

For booking info, dates, venues and topics please check out the website.

### One-on-one tuition

Gabrielle offers one-to-one sessions where she can help you with specific exercises and breathing to address problems around back pain, digestive system and stress.

½ hour - \$55 for first session, \$50 ensuing sessions.  
1 hour - \$95 and \$85 respectively.

STORY BY JESSIE CREEDMORE



PHOTO BY JULIA HOME

# Feel good, improve vitality... Yes please!

When I first heard the term Qigong ("chi gung") I thought, oh dear, isn't that an exacting Chinese exercise regime that takes a lot of time and commitment? But no. Well, yes, it can be. But one very clever and switched-on woman has created a Qigong system that is more accessible, less time consuming and achieves excellent results for our health and vitality. By literal translation, Qigong is life energy cultivation.

In 2005 Gabrielle Euteneuer (Gabriella Oyt-en-oya) started Tao Motion in Christchurch after first launching it in Germany in 1996. It's well known in Germany, Austria and Switzerland where many doctors recommend it, but not quite so well known in New Zealand, and there are misperceptions due to the different types of Qigong systems and practices that exist here.

Gabrielle qualified as a Senior Instructor of Universal Healing Tao System with the originator, Mantak Chia, enabling her to teach Qigong and Tai Chi, which she has taught in New Zealand, Australia, United States, Germany, Holland, Austria and Thailand.

"Christchurch people have been so welcoming and friendly. I'm so pleased to be offering

Tao Qigong services here. And I love the abundance of nature – and so close!" You'll often find her out hiking in the mountains, walking the beach or just soaking up the outdoor life.

Traditionally, Qigong aligns the body, breath, and mind for health, vitality and relaxation. With roots in Chinese medicine it also draws on philosophy to cultivate and balance qi (chi) or life energy.

There are different approaches, but Tao Motion has taken a tried and true practice that is hundreds of years old and developed a user friendly system that makes the method more accessible for us in these modern busy days. There are easy movements you can use at home for only 5 minutes at a time to improve many health problems or just general well being, or you can attend classes or one-on-one sessions to achieve better health and vitality or address specific health complaints.

Gabrielle's system consists of moving, standing, sitting and lying down postures, with the main focus on breathing and good body structure, and exercises to balance emotions. Qigong works on internal movements as a superior health and wellness practice. For

example there are breathing movements for the lower abdomen and special exercises for the vital organs, to strengthen kidneys, balance the heart, detoxify the liver and help improve the hormonal and nervous systems. The external movements focus more in tendons than muscles, with movements that are easy even for the elderly or infirm.

Gabrielle's own experience with Tao Qigong brought her to want to study and teach the system. As a young adult she had various health problems including a low immune system. It wasn't until she started practicing Tao Qigong that the health complaints disappeared.

"You'll notice health benefits very quickly," she assures me.

"For example if you are feeling tired, you will notice a big change yet you won't need to invest hours and hours of time. You may only do 5 minutes morning, afternoon and evening. You can lose weight with Qigong also rather than all these diets, as it effects the metabolism positively. You may have back pain – so I'll teach you different ways to move, breathe, things you can do while you're standing in the kitchen peeling potatoes!"

Check out Tao Motion's website with lots of interesting info and free download exercises [www.taomotion.com](http://www.taomotion.com)  
p. 03 942 9310 ph/txt. 027 225 1646 e. info@taomotion.com



### Abdominal Massage for Women

Individual massage for women with Gabrielle Euteneuer using Chi Nei Tsang – an ancient art to detoxify, transform and energise. Alleviate: Menopause, menstrual unease, abdominal discomfort, stress, cramps, constipation, ovarian cysts, surgical scars, indigestion, bloating, insomnia.

