

Strength and Stillness through QIGONG

FRI & SAT 16/17 OCT

Meditation is the action of Silence

Universal Healing Tao instruction, provides a complete set of personalised tools to enable you to achieve balance in your emotional, physical and mental life.

The physical exercises which involve **Iron Shirt Qigong** postures will improve the balance, grounding and centering during the process of creating the best options that energy starts to gather within and stillness is able to arise.



Friday:

Learn the "Iron Shirt Qigong" posture the "Golden Phoenix washes its Feathers" and the stillness practice **"The Transformation of Ice to Water to Inner Space"**.

On **Saturday** we add two more "Iron Shirt" Qigong postures and "Tantien" Qigong. This seminar will complete the experience with **"Stillness" Qigong** (pic left: Holding the Golden Urn)

These two, so different practices, complement each other and support and simplify the "inner work".

Where: Zendo, 4 Kennedy Pl, Hillsborough, Christchurch

When: Step 1: Fri 16th Oct 6-8.30pm / Step 2: Sat 17th Oct 2020 10am - 6pm

The registration closes one week before the event. Minimum of participants: 8

Investment: Early Bird **\$150 (\$180** after 15 Sept) **or Step 1: \$40 and Step 2: \$150**

To enrol contact Gabrielle and pay \$15 /\$70. Cancellation fee \$15 /\$70 is non refundable.
Bank Transfer: Tao Motion 38 9006 0298478 00 Kiwi Bank

Gabrielle Euteneuer is an International Universal Healing Tao Senior Instructor and medical Qigong educator with more than 30 years teaching experience. The Universal Healing tao is a complete system of physical healing and personal development, which incorporates a number of practices. Gabrielle is authorised to train Instructors in Qigong, Tao Yoga for Women and Tai Chi Chuan. The next Teacher Training is in Spring 2021. You can start now.

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