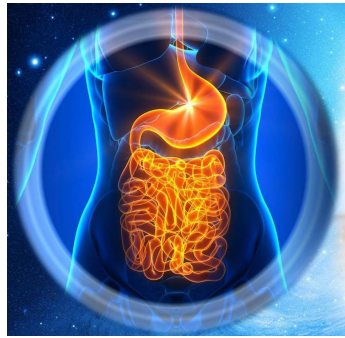


ABDOMINAL SELF CARE MASSAGE

CHI NEI TSANG WORKSHOP

Weekend 15-16 May
in Ferrymead, Christchurch

with Gabrielle Euteneuer

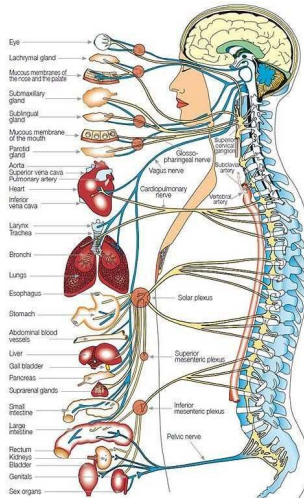


Chi Nei Tsang means (CNT) “working with the energy of the internal organs”

Learn self-care techniques for working on oneself or family and friends.

Chi Nei Tsang benefits include:

- De-stress the body
- Unwind tension from your abdomen, back and shoulders
- Improve digestive elimination, relieving constipation, detoxifies organs
- Resolve menstrual and reproductive issues
- Helps by issues during, before or after menopause
- Supports emotional balance
- Clear your internal organs of toxic build-up



Chi Nei Tsang is an effective and useful ancient modality, which balances and harmonizes the internal organs including stomach, intestines, reproductive and all digestive organs. It blends Chinese massage, the knowledge of Chinese medicine and meditation techniques.

Chi Nei Tsang aids your Qigong or “energy” practices because it helps to dissolve blockages from the inside out.

tao@taomotion.com www.taomotion.com

Chi Nei Tsang is a Taoist visceral manipulation bodywork and massage which emphasizes moving chi energy to the abdominal organs.

Participants learn how to recycle negative energy, recognize personal patterns of tension, and use simple manipulations to restore vitality to parts of the body.

Investment: \$235 (\$300 when you enroll after 1st April)

Refresher: \$210 (\$250 when you enrol after 1st April)

Refresher is everyone, who has attended a CNT workshop. In case you attended the last Chi Nei Tsang seminar in August. The May seminar will show different techniques. Registration closes 6th May. Limited space.

Enrolment form:

Enrol me _____ and _____

for the Weekend Workshop Abdominal **Self care massage** 15-16 May 2021 in Ferrymead, Christchurch. I paid the confirmation fee \$70

Tuition \$ _____ by Bank transfer: Tao Motion 38 9006 0298478 00 (Kiwi Bank)

email _____ Phone _____

There is a cancellation fee of \$25 up to 1st April; \$70 until 1st May; \$120 until 11th May. Thereafter, the entire fee is due if no replacement participant is provided. You can transfer your place to someone else.

I take responsibility for myself and I accept the conditions of participation

Place Date Signature

You will receive an email, when you paid \$70 confirmation fee

Venue: Herb Centre, 27 Waterman Pl, Ferrymead, Christchurch

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One-to-one Chi Nei Tsang sessions with Gabrielle are available on Friday 14th May in Hillsborough 2021. Book early to secure your spot.