

# ABDOMINAL SELF CARE MASSAGE

## CHI NEI TSANG WORKSHOP

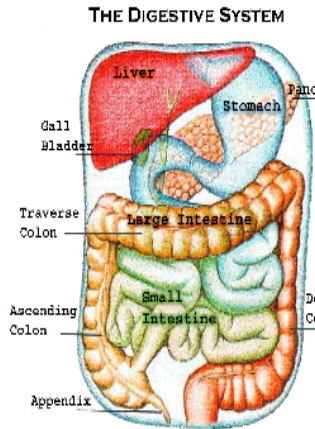
Sat 13 June 10am - 6pm

in Hillsborough, Christchurch

with Gabrielle Euteneuer



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



Learn the basic 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 Ph 027 2251646

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: SPECIAL \$120 (\$150** after 30<sup>th</sup> April or when the remaining 4 spaces are gone)

Enrolment form:

Enrol me \_\_\_\_\_ and \_\_\_\_\_

for the Workshop Abdominal **Self care massage** 13 June 2020 in Hillsborough, Christchurch.

I paid the confirmation fee \$70

Tuition \$ \_\_\_\_\_

By Bank transfer: Tao Motion 38 9006 0298478 00 (Kiwi Bank)

or  I enclose a cheque for \$ \_\_\_\_\_

email \_\_\_\_\_ Phone \_\_\_\_\_

There is a cancellation fee of \$25 up to 15<sup>th</sup> May, \$70 until 6<sup>th</sup> June. 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 a confirmation letter in May

**Venue:** Zendo, Kennedy Place, Hillsborough, Christchurch

tao@taomotion.com www.taomotion.com

Phone /txt 027 2251 646

One-to-one Chi Nei Tsang sessions with Gabrielle are available on Friday 12<sup>th</sup> June 2020. Book early to secure your spot.