

## Seminar with Gabrielle Euteneuer

Gabrielle, born 1961, is Senior Instructor and teacher of the Universal Healing Tao.

This is a complete system of physical healing and personal development, which incorporates a number of practices.



From the age of 20 Gabrielle studied Taoism including Qigong, Tai Chi, Tao Yoga and meditations. To teach and live the taoist lifestyle, which she has done for 38 years is her life's vocation.

She is authorised from the Universal Tao to train Qigong and Tai Chi Instructors.

This seminar can count towards the Instructor Training 2020/21. Contact Gabrielle for more info.

### **Seminar fee: 3 days**

Sat 23 Oct 10am - Mon 25 Oct 5pm **\$400**

**\$430** after 15th August

### **or weekend**

Sat 23 Oct 10am - Sun 24 Oct 6pm **\$300**

**\$320** after 12th August

You will receive a receipt after your payment.  
The confirmation letter will be send 2 weeks before the seminar. You will receive a hand-out of 4-6 pages.

Bank account details:

Tao Motion 38 9006 0298478 00

Kiwi Bank

*"Simply feel the freshness of  
the present moment and the  
clarity of an open mind."*



Mantak Chia (centre) is the founder of the Universal Healing Tao

To enrol or for more info:

**E-Mail: [info@taomotion.co.nz](mailto:info@taomotion.co.nz)**

Phone/text: Gabrielle 027 225 1646

**[www.taomotion.co.nz](http://www.taomotion.co.nz)**

**Venue:**

Risingholme Community Centre

Opawa

Christchurch

Picture on Cover: Hua Shan mountain China - peaceful stillness inside and out

# Healing Tao seminar



**23 - 25 October 2021**

Saturday - Monday

**Tao Qigong**

&

**Inner Alchemy**

**in Christchurch**

**Opawa**

# HEALING TAO QIGONG

## & INNER ALCHEMY MEDITATION

### Enrolment form:

Registration for the Healing Tao Qigong & Inner Alchemy seminar 23 - 25 October 2021

Enrol me for the Healing Tao seminar:

- Saturday 23 - Monday 25 October  
or  
 weekend Saturday 23 - Sunday 24 October

Seminar fee \_\_\_\_\_

I paid the 50% of tuition fee

and will pay the balance \$ \_\_\_\_\_

at arrival/ 5 days before the seminar.

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

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Ph: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Place \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

Eligibility: Limited space. A registration deposit of at least 50% of the tuition fee will be accepted in order of receipt of payment. The cancellation fee is \$75/\$50 until 10<sup>th</sup> September; \$ 200 (3-day course) or \$140 (weekend course) until 9<sup>th</sup> October; \$ 260 (3-days) or \$200 (2-days) until 16<sup>th</sup> October. Thereafter, the entire seminar fee is due. You can transfer your place to someone else.

Take a time-out, and recharge your life battery. Feel connected with life and bring this freshness into your daily routine. The practices of Inner Alchemy enable profound processes of inner transformation. This ancient meditation system has been developed & refined over many centuries.

The main topics are: transformation of negative emotions, refining the healthy vibration in the body, strengthening of the life force, development of clarity and an open heart.

### Inner Alchemy & Iron Shirt Qigong 23 - 25 October 2021

Saturday 10am - Monday 5pm

Through the exercises we will increase health and expand nourishing life force, reaching each body cell to effect rapid change & balance the emotions.  
(Prerequisite: Knowledge of the Inner Smile, Healing Sounds)

#### Step I: Fusion I of the 5 Elements

##### “Clearing & dissolving reactive emotions”

This deep cleansing process through meditation purifies energy and condenses it into a pearl, the “**Inner Elixir**”.

Supported through the physical Qigong postures, like “**The Golden Urns**”, we create a good foundation, alignment and a strong centre. We can stay easier centred emotionally, also in difficult situation.

#### Step II: Fusion II of the 5 Elements

The “**Inner Elixir**” increases the vibration frequency of the whole organism so an internal regeneration and self-healing process can be initiated from the cellular level.

With this fine and positive feelings we will open meridians and bring a healing frequency into the body, nourishing each cell.



*Fusion of the 5 Elements: out of stillness appears motion*



*IronShirt Qigong practice: “Holding the Golden Urn”*

The seminar includes also:

- 1.- **Iron Shirt Qigong** promotes good body structure with the “Golden Phoenix washes it's feathers”.
- 2.- **Tantien Qigong** strengthens a good centre in the lower abdomen and vital energy is stored easier.
- 3.- **Taoyin** gently stretches the tendons and muscles and opens the joints. This releases blockages and liberates stagnated energy.



*Taoyin - gentle breathing and stretching exercises*



*Qigong breathing exercises help to detoxify the body*