

Healing Tao Qigong

Weekend seminars

19 & 20 September

Evening Mini-workshops

17 & 18 Sept 2020

in Nelson



**Learning Qigong can help you feel, move and work with energy in your body
It is a powerful way to become more fully alive and conscious**

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention to open blockages in the body based on the same meridian system used in acupuncture.

The movements are fairly easy to learn and allow access to everyone. To begin to benefit from Qigong you do not have to be fit and you don't have to be flexible. The exercises can be modified for almost anyone with patience that wants to learn.

The benefits of Qigong are many. From easing stress and balancing emotions to improving vascular function and strengthening internal organs.



Weekend seminars:

Saturday 19 Sept: Flex your Spine & "Soften your Heart"

Taoyin is a Chinese answer to western physiotherapy to achieve a healthy structure in the back. This gentle technique of breathing, stretching and turning the spine brings inner strength and flexibility to the body. And supports the heart.

"Liberation of the Heart" - Also known as the "Inner Arriving in your Heart". Experience the power of the gentleness of your heart and a deep connection with life through Qigong.

Sunday 20 Sept: "Buddha Palm" Qigong

The Buddha Palm sequence is a series of movement for increasing energy flow through the body. This ancient practice teaches us how to connect with the energy around us. Learn how to harness these energies for healing oneself and others.

Mini-workshops:

Thursday 17th Sept 6.30-8pm **Care for your back & Soften your Heart** - Koha (donation)

Friday 18th Sept 6.30-8pm **Women's Rejuvenation Qigong** - Koha (donation)

For more information and to enrol:

E-mail: tao@taomotion.co.nz

www.taomotion.co.nz

Tao Motion Ltd - Gabrielle Euteneuer 027 225 1646

Buddha Palm Qigong: This method is valuable for people who work with patients. They will not lose energy during a treatment and can also benefit, as well as the patient, from the healing session.

The seminars and evening mini-workshops are perfect for practitioners of all levels and is a great opportunity to start practising Qigong or build upon your existing practice.

Picture right: Taoyin together with Qigong breathing gently stretches the tendons and muscles, and opens the joints. This can release blockages.

Venues: Nelson, TBA

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

I recommend attending the whole weekend



Buddha Palm Qigong originated from M.Chia

Gabrielle Euteneuer was born in Germany and lives now in Canterbury. She is a Senior Instructor and Teacher of the Universal Healing Tao of Mantak Chia. 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, Taoist Yoga, Tao of Love and Inner Alchemy. To teach and live the taoist lifestyle, which she has done for more than 35 years is her life's vocation. She is authorized to train Qigong and Tai Chi Instructors. She continues to work closely with Master Mantak Chia – the originator of the Universal Tao System www.universal-tao.com



Qigong weekend seminars: 19 -20 September Sa/Sun 9.30am - 5pm

Tuition fee: \$ 300

One-day Qigong seminar: 19 or 20 September 9.30am – 5pm

Tuition fee: \$ 160

Enrol me in the **Tao Qigong seminars** 19 - 20 September 2020 in Nelson:

19 & 20 Sept \$300 or Saturday 19 Sept \$160 or Sunday 20 Sept \$160

I paid the confirmation fee of \$ or in full (50% of the fee) I will pay the balance of \$ cash at arrival or one week before by bank transfer.

Eligibility: Registration deposit 50% of the tuition fee. Registration will be accepted on receipt of deposit payment. The balance will be collected on arrival or by bank transfer until 12th Sept. There is a cancellation fee of \$75*/\$40 until 2nd Sept, \$150*/\$80 until 14th Sept.

Thereafter the entire seminar fee is due if no replacement participant is provided. You can transfer your place to someone else.

* cancellation fee when you enrol for both days

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

Name..... Street.....

Phone..... E-Mail.....

I paid \$ by Bank transfer: Tao Motion 38 9006 0298478 00

Date Signature

You can also send an email with all the details above to enrol and write: Hereby I accept the conditions on the enrolment form

For more information and to enrol:

E-mail: tao@taomotion.co.nz www.taomotion.co.nz

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