

Oct - Dec 2019

Tai Chi Fitness work-out

in Oxford

Weekly classes

Tao Qigong & Yoga

with Senior Instructor
& Teacher Gabrielle Euteneuer

Wednesdays 8.25am

Flexibility / inner Relaxation

Tao Yoga



This is a slow-paced yoga class with aspects of Taoist traditions.

- ▶ We focus on proper alignment and mental repose.
- ▶ This improves flexibility, supports muscle development and helps open up areas around the joints.

Wed 23 Oct 8.25am

- 75 minutes

Introduction fee: \$80 8 weeks
casual **\$14**

Venues (all classes are indoors):
Jaycee Hall and Oxford Town Hall, Back room
Both on Main Street, Oxford

Find out which class is best for you or try two more - call/text/email Gabrielle

Fridays 9.30am

Gain Vitality / Reduce Stress

Qigong for the season



Tao Qigong is the art and science of refining and cultivating internal energy

- ▶ Restore your vitality and rejuvenate your body cells with gentle exercises.

Fridays 9.30-10.45am

You can join **NOW**

Tai Chi Wed 6.30pm

Train Balance / Focus the Mind
started already. New beginner class is end of January

- ▶ **Tai Chi** is an ancient practice of slow flowing movements and shifts of balance that strengthen the whole body while conditioning the tendons and ligaments.

Tai Chi & Qigong tuition fee:

\$98 for 8 sessions or
\$16 casual

Mon 10am Wed 5.25pm

and Fri 11am

Yoga Fitness workout



Grow longer and stronger

Starting with movements of **Tai Chi** to warm up and to bring you into your body. **Yoga** and **Qigong** open up, balance and strengthen the body. Including hips and joints.

With **Pilates** we tone the key muscle groups. We finish with a relaxation practice.

Classes (you can start anytime!)

Mondays 10am-11am

Fridays 11am-12pm

Fitness tuition fee:

\$75 for 8 sessions or

\$14 casual (booking is essential)

NEW: Evening class starts

30th October

Wednesdays 5.25-6.15pm

Intro: \$70 for 8 sessions

To register please email: info@taomotion.co.nz

Visit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646