

Spring 2021

Tao Yoga Fitness workout

in Oxford

with Gabrielle Euteneuer

Weekly classes

Tao Qigong

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Mon 9am **Wed 6.30pm**
Flexibility / Inner Relaxation
Tao Yoga



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

- 🌿 By practicing regularly Yoga will release endorphins that improve your mood and helps you sleep better
- 🌿 Increase muscle tone and strength
- 🌿 Improve flexibility, improve stamina, and help open up areas around the joints

Wednesdays 6.30pm
Mondays 9am

65/70 minutes

Wed 6.30pm class starts 27 Oct**Yoga tuition fee:**

\$85 for 8-weeks term

\$15 casual

Venue: Oxford Town Hall

Back room (Picture: venue)

Booking is essential for all classes

Fridays 9.30am
Gain Vitality / Reduce Stress
Qigong for the season



Learn simple exercises in sitting, standing & moving postures

- 🌿 Qigong provides info how the seasons affect the body and ways to stay healthy and offers simple exercises to support the balance.

🌿 In **Spring Qigong** offers exercises for liver, gallbladder and spleen This is an open class, you can start anytime

Fridays 9.30am
- 75 minutes

Qigong tuition fee:

\$98 for 8-week term

\$16 casual

Find out which class is best for you by contacting Gabrielle or **SPECIAL: Try all 3 different classes and pay \$28** (value \$45; up to 3 hours; use within 15 days)

Mon 10am Wed 5.25pm Fri 11am
Gain Strength / Improve Posture
Yoga Fitness workout



Starting with movements of **Tai Chi** and **Qigong** warm-ups to bring you into your body.

Yoga opens up, balance and strengthen the body, including hips and joints.

Pilates is a low-impact exercise discipline that is fantastic for strengthening muscles, promoting movement control, & building endurance.

Fridays 11am
Mondays 10am

- 60 minutes

Wed 5.20pm starts 27 Oct
50 minutes

Fitness tuition fee:

\$80 for 8-week term

\$14 casual

To register please email: info@taomotion.co.nz
Visit our website: www.taomotion.co.nz

or call/text Gabrielle
027 225 1646