

Summer 2021

Tao Qigong

Fitness workout

in Oxford

with Gabrielle Euteneuer

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Weekly classes

Tao Yoga

Wednesdays 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

Wed 27 Jan 6.30pm

- 60 minutes

Tuition fee: \$85 8 weekscasual **\$15**

You can join casual

Venues (all classes are indoors):**Jaycee Hall** and
in OxfordBooking 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.
- ▶ The Qigong summer practices help to release excessive heat of the heart

This is an open class, you can start anytime

Friday 22 January**9.30-10.45am****Qigong tuition fee:****\$98** for 8 sessions or**\$16** casual

January SPECIAL: \$7 for one class or **\$16** for 3 different classes (valid for everybody who has not attended this particular class in the last 6 months)

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

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.

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

Start from on 22nd January:**Fridays 11am****Wednesdays 5.25pm****Mondays 10am****Fitness tuition fee:****\$70** for 8-week term or**\$14** casual

Enrol now:

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

or call/text Gabrielle

027 225 1646