

Winter 2021

Tao Qigong

Fitness workout

in Oxford

with **Gabrielle Euteneuer****Senior Instructor & Yoga, Qigong & Tai Chi Teacher**

Weekly classes

Tao Yoga

Wednesdays 10am*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 16 June 10am
- 70 minutes

Tuition fee: \$85 8 weeks
casual **\$15**

You can join casual

Venues (all classes are indoors):
Jaycee Hall and
Oxford Town Hall, Back room
in Oxford

Booking is essential for all classes

Fridays 9.30 - 10.45am*Gain Vitality / Reduce Stress***Qigong for the season**

Learn simple exercises in sitting, standing & moving postures.

Tao Qigong is the art and science of refining and cultivating internal energy You can start anytime in Qigong

Monday 21 June 12.15pm
FREE Tai Chi class

New Tai Chi beginner

Mon 28 June 12.15 - 1.15pm
Train Balance / Focus the Mind

Tai Chi is for anyone who wants to move with greater strength, grace, and ease. It trains balance and body awareness, and focuses the mind.

Qigong or Tai Chi costs:

8 weeks term **\$98**
casual **\$16**

Mon 10am*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.

Fridays 11am
Mondays 10am

Fitness tuition fee:

\$70 for 8-week term or
\$14 casual (60 minute class)

Find out which class is best for you or try different classes

Enrol now:

call/text/email Gabrielle

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

Visit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646