

Spring 2019

Tai Chi

Fitness work-out

in Oxford

Weekly classes

Tao Qigong & Yoga

**with Senior Instructor
& Teacher Gabrielle Euteneuer****Wednesdays 8.25am & 7.45pm***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 **\$13****Wed 16 Oct 7.45pm** - 60 min**Introduction fee: \$70** 8 weeks
casual **\$13****Venues** (all classes are indoors):
Jaycee Hall and
Oxford Town Hall, Back room
Main Street, Oxford*Find out which class is best for you - 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**Tai Chi Wed 6.30pm***Train Balance / Focus the Mind*
starts 11 September

- **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 5.15pm****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 (check out availability)

Mondays 10am-11am

Fridays 11am-12pm

NEW: Evening class starts

25th September

Wednesdays 5.15-6.15pm

Fitness tuition fee:

\$70 for 8 sessions or

\$14 casual (very limited space)

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

or call/text Gabrielle

027 225 1646