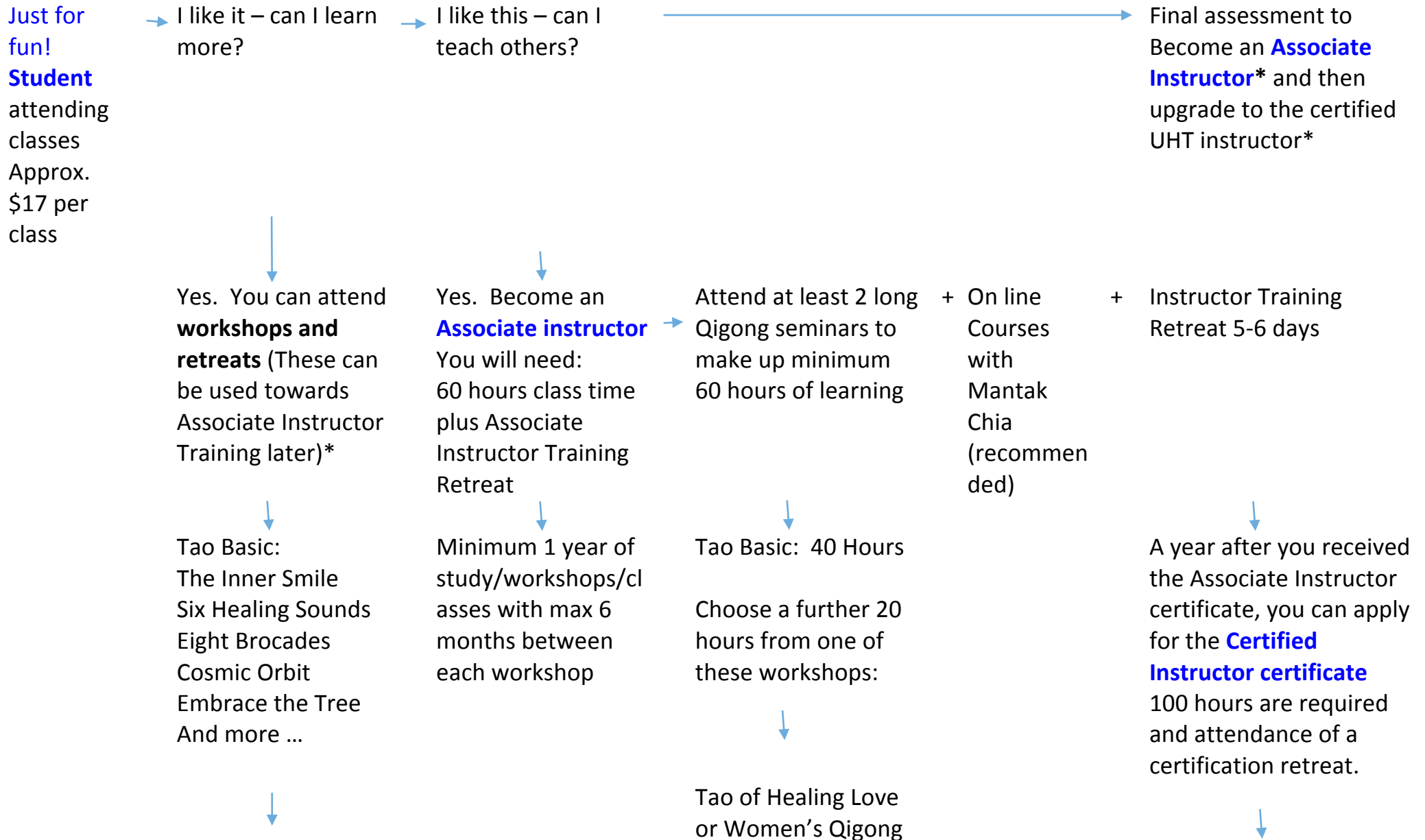


# The Universal Healing Tao Learning Path – Tao Motion / New Zealand



Iron Shirt Qigong



Tao of Healing Love  
or Women's Qigong



Chi Nei Tsang

Wisdom Qigong  
Tantien Qigong  
Taoyin  
Bone Breathing  
Qigong



Cosmic Healing  
Qigong (Buddha  
Palm Qigong)



The Inner Alchemy:  
Fusion of the Five  
Elements I-III



Tai Chi

Chi Nei Tsang (Taoist  
abdominal massage  
workshop)



Iron Shirt Qigong



Fusion of the Five  
Elements I-III



Wisdom Qigong:  
Cosmic Healing  
Qigong



Tantien Qigong  
Taoyin

Tai Chi

\* Certain conditions  
apply

More information below:

**Student level:** Attending classes is a relaxed informal way of improving your health and vitality in a supportive environment.

Practicing regularly Qigong, you will

- learn a program for a stronger, younger and healthier body
- learn to balance your emotions
- learn tools to deal with daily life topics - work, stress, decision making
- open up to a natural flow of life
- open up to a natural flow of life

**Workshop/seminars attendee:** Go deeper into your practice and really get your energy (Qi) moving. Take 'time out from the world' so that you can go within and rebalance. Attending a weekend seminar will give us a deeper understanding and makes it easier to feel the energy ...

Workshop options are in June the beginner women's Qigong seminar; in September Qigong weekend in Nelson and the Inner Alchemy (level after the Tao Basic) in October

**“Be touched by life”** - **For whom is Qigong?**

This Qigong education is for everyone with a deep interest in personal development, healing and growth.

Those who are not yet familiar with the wisdom traditions from the East are welcome.

**Training as an Associate Instructor:** First of all you need to know that its and easy step by step process over a one year period. You can take longer if you want, but check with the full requirements of this.

Continue with your daily/weekly practice or attending classes.

Attend 55 hours of workshops and 5 hours on line with Master Mantak Chia.

And then attend the Instructor Certification Retreat in January 2022 in Christchurch.

As an Associate Instructor you can integrate it into your work, daily life and teach classes whilst at the same time improving your own health, vitality and inner balance.

The Associate Instructor training could be for you if

### **You are looking for better health, emotional healing or support**

- you are looking for vitality, freshness, self-love or healing.
- you wish to have inner power, flexibility and a stronger body.
- you wish for clarity in a difficult life stage or a deep change in your life.
- you are struggling with burn-out, chronic disease or need support in a healing process.

### **You are an advanced practitioner and ....**

- you already have knowledge of Qigong, Taoism and meditation and you would like to teach.
- you are a coach, therapist, martial artist, or a meditation-, yoga- qigong-practitioner/teacher ...looking for the next step.

Let me help you to find the “Path of Qigong” for you

Contact Gabrielle from Tao Motion [www.taomotion.co.nz](http://www.taomotion.co.nz)

New Zealand