

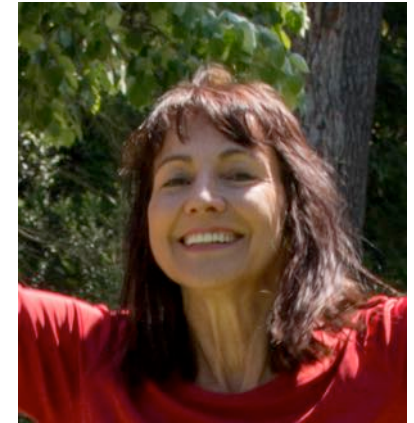
Healing Tao Qigong

REJUVENATE YOUR BODY CELLS WITH GENTLE EXERCISES

Tuesdays 10-11.20am

Themes are: Abdominal breathing and gentle movements in sitting and standing postures.

Follow the energy of the season, e.g. for summer allow gratitude and finest joy expand in your heart with the "Swimming Dragon ...



Qigong can help:

- to balance the hormone system
- to deeply relax the body and mind
- to reduce stress and enhance vitality

Qigong is practiced by millions of people worldwide and considered an ultimate way to prevent illness, enhance wellness and inner balance.

This is an open class; no previous knowledge is required

NEXT EVENTS: 15TH FEB, 15TH MARCH, 12TH APRIL, 10TH MAY, 14TH JUNE 2022

The dates might change / Booking is essential

Venue: Hillsborough, Christchurch

Tuition fee: \$22 casual or \$137 for 8 classes*

with Senior Instructor, Medical Qigong and Universal Tao Teacher Gabrielle Euteneuer with more than 30 years teaching experience. Check out the online classes. *\$137 for 8 sessions: T&C apply: all dates count automatically, unless you cancel at least 8 days before an event. To be used within 10 months.

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