

# Tao Qigong for Health & Vitality

REJUVENATE YOUR BODY CELLS WITH GENTLE  
EXERCISES

**Tuesdays 10-11.15am**

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

Enjoy learning “Mountain Dew” Qigong, the “Eight Golden Brocades”, the “Swimming Dragon” and more



## 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.

**NEXT EVENTS: 11<sup>TH</sup> FEBRUARY, 17<sup>TH</sup> MARCH,  
21<sup>ST</sup> APRIL AND 26<sup>TH</sup> MAY 2020**

**Venue:** 4 Kennedy Place, Hillsborough, Christchurch      Tuition fee: \$22 casual or \$137 for 8 classes

with Senior Instructor and Tai Chi-, Qigong & Tao Teacher Gabrielle Euteneuer with  
30 years teaching experience

Booking is essential /Open class/ no previous knowledge required

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