

# 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.

Enjoy learning exercises for Autumn and Winter: “White Tiger sharpen it’s claws” Qigong, the “Kidney Breathing” 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.

*This is an open class; no previous knowledge is required*

**NEXT EVENTS: 11<sup>TH</sup> MAY, 15<sup>TH</sup> JUNE, 13<sup>TH</sup> JULY, 17<sup>TH</sup> AUG, 14<sup>TH</sup> SEPT 2021**

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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