

# 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 “Mountain Dew” Qigong, the “Eight Golden Brocades”, the “Swimming Dragon” and “Iron Shirt Qigong” 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: 25<sup>TH</sup> AUGUST, 8<sup>TH</sup> SEPT  
6<sup>TH</sup> OCT, 3<sup>RD</sup> NOV AND 1<sup>ST</sup> DEC 2020**

The dates might change / Booking is essential

**Venue:** Hillsborough, Christchurch      Tuition fee: \$22 casual or \$137 for 8 classes  
with Senior Instructor, Medical Qigong Educator and Universal Tao Teacher Gabrielle Euteneuer  
with more than 30 years teaching experience      *This is an open class; no previous knowledge is required*

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