

Healing Tao Qigong

REJUVENATE YOUR BODY CELLS WITH GENTLE EXERCISES

Tuesdays 10.15-11.35am

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

Follow the energy of the season, e.g. for Winter Qigong supports the kidneys and the immune system with the ancient practice “Gentle Blue turtle Breath”



Qigong can help:

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

This is an open class; no previous knowledge is required

NEXT EVENTS: 14TH JUNE, 12TH JULY,
9TH AUG, 13TH SEPT, 11TH OCT, 8TH NOV,
13TH DEC

Always the 2nd Tuesday of the month
80 minutes / Booking is essential

with Gabrielle Euteneuer - Senior Instructor and Teacher of Qigong for more than 30 years.

She offers a Qigong Teacher Training program

Venue: Zendo, Kennedy PI, Hillsborough, Christchurch

SPECIAL: \$10 for the 1st class*

Tuition fee: \$22 casual or \$70 for 4 classes (above see the dates)

* for everyone, who is new to Gabrielle's Qigong

Check out the weekend seminars and Live Zoom online classes

*Practicing regularly will increase health and expand nourishing life force,
reaching each body cell to effect rapid change and achieve inner cleansing*

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