

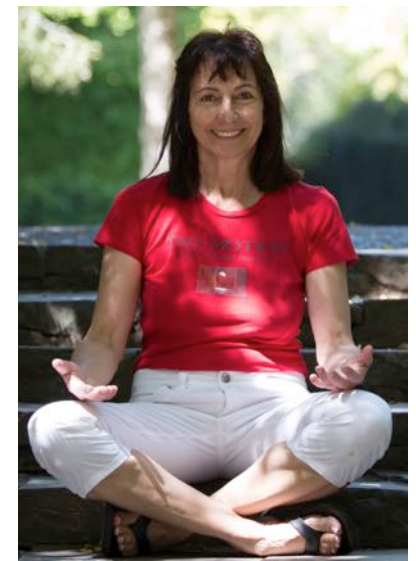
Healing Tao Qigong

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: 8TH DECEMBER 2020
2021: 19TH JAN, 16TH FEB, 16TH MARCH
13TH APRIL**

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

Email: tao@taomotion.co.nz

Website: www.taomotion.co.nz