

Winter 2020

Tai Chi

Fitness workout

in Oxford
with Gabrielle Euteneuer

Weekly classes

Tao Qigong

Tao Yoga

Senior Instructor & Yoga,
Qigong & Tai Chi Teacher

Wednesdays 10am*Flexibility / Inner Relaxation***Tao Yoga**

This is a slow-paced yoga class with aspects of Taoist traditions.

- ▶ By practicing regularly Yoga will release endorphins that improve your mood and helps you sleep better
- ▶ Increase muscle tone and strength
- ▶ Improve flexibility, improve stamina, and help open up areas around the joints

Wed 17 June 10am
- 75 minutes

Tuition fee: \$85 8 weeks
casual **\$16**
You can join casual

Venues (all classes are indoors):
Jaycee Hall and
Oxford Town Hall, Back room
and **Main Hall, Oxford**

(Picture: Mount Oxford)

Fridays 9.30am*Gain Vitality / Reduce Stress***Qigong for the season**

Learn simple exercises in sitting, standing & moving postures

- ▶ Qigong provides info how the seasons affect the body and ways to stay healthy and offers simple exercises to support the balance.
- ▶ In Winter we take care of kidneys, lungs and spine

This is an open class, you can start anytime

You can start

Friday 5 or 26 June
9.30-10.45am

Qigong tuition fee:
\$98 for 8 sessions or
\$16 casual

Space is limited due to physical distancing rule of Covid-19 level 2

Find out which class is best for you or try different classes

Mon 10am*Gain Strength / Improve Posture***Yoga Fitness workout**

Starting with movements of **Tai Chi** to warm up and to bring you into your body.

Yoga and **Qigong** open up, balance and strengthen the body. Including hips and joints.

Pilates is a low-impact exercise discipline that is fantastic for strengthening muscles, promoting movement control, and building endurance.

Classes

Fri 12 June	11am
Mon 15 June	10am

Fitness tuition fee:

\$75 for 8-week term (60 minute class) or **\$14** casual

Booking is essential for all classes

Enrol now:

call/text/email Gabrielle

To register please email: info@taomotion.co.nz

Visit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646