

# Winter 2021

## Tao Qigong

### Fitness workout

### in Oxford

with **Gabrielle Euteneuer**

**Senior Instructor & Yoga, Qigong & Tai Chi Teacher**

## Weekly classes

# TaoYoga

### 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 16 June 10am**  
- 60 minutes

**Tuition fee: \$85** 8 weeks  
casual **\$15**  
You can join casual

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

(Picture: venue Oxford Town Hall)

### 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 the kidneys, bladder and lungs
- This is an open class, you can start anytime

**Fridays 7th May**  
**9.30-10.45am**

**Qigong tuition fee:**  
**\$98** for 8-week term or  
**\$16** casual

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

### Mon 10am

### Fri 11am

*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.

**Fridays 11am**  
**Mondays 10am**

**Fitness tuition fee:**  
**\$70** for 8-week term or  
**\$14** casual (60 minute class)

Enrol now:  
call/text/email Gabrielle

To register please email: [info@taomotion.co.nz](mailto:info@taomotion.co.nz)  
Visit our website: [www.taomotion.co.nz](http://www.taomotion.co.nz)

or call/text Gabrielle  
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