

Winter 2022
Weekly classes

Tai Chi

Fitness workout in Oxford & Rangiora

with Gabrielle Euteneuer

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Tao Yoga

Wed 9.30am

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

Wednesdays 9.30am

60 minutes

(+ free meditation from 9.15am)

Yoga tuition fee:

\$85 for 8-weeks term

\$15 casual

Venue: Oxford Town Hall & Jaycee Hall

Booking is essential for all classes

Fridays 9.45am

Gain Vitality / Reduce Stress

Tai Chi



Tai Chi is an ancient art of slow flowing movements and shifts of balance that strengthen the whole body while conditioning the tendons and ligaments.

🌿 Tai Chi is for anyone who wants to move with greater strength, grace, and ease.

🌿 It trains balance and and focuses the mind

Fridays 9.45am

- 60 minutes

FREE Tai Chi class on Fri 29th July at 9.45am

Tai Chi term starts 5 August

Tuition fee:

\$50 for the 4-week term

\$16 only available for 5th August

Mondays Qigong in Rangiora

Find out which class is best for you by contacting Gabrielle or

Wed 10.45am

Fri 11am

Gain Strength / Improve Posture

Yoga Fitness workout



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

Yoga opens up, balance and strengthen the body, including hips and joints.

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

Fridays 11am

Wednesdays 10.45am

- 60 minutes

Fitness tuition fee:

\$85 for 8-week term

\$15 casual

Oxford SPECIAL: Try all 3 different classes and pay \$28 (value \$45; use within 15 days)

Try 2 different classes and pay \$21 (value up to \$31)

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

Visit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646