

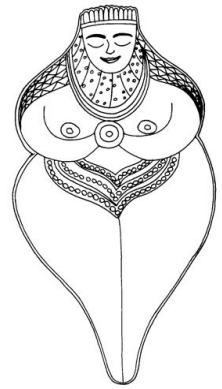


## Cultivate the Feminine Women's Qigong Seminar

11 - 13 July 2020

Hillsborough, Christchurch

with Gabrielle Euteneuer  
Universal Tao Senior Instructor



### Transformational practices for every stage of a woman's life

Every eleven months every cell in your body has renewed itself. Every three months your entire bloodstream is replaced. Into this repeating changing circle we can bring back a healthy pulsation into our body cells and our hormone system. Just invest a few minutes every day into these exercises!

The time-proven practices are beneficial for women of all ages. This Qigong routine will build stamina, overall strength; enhance your balance and coordination. The exercises are able to balance the hormonal system and to dissolve premenstrual symptoms or problems in or after menopause.

Experience Rest, Relaxation and Renewal of your whole being

Learn Women's Qigong for:

- Grounding & centering to improve strength & confidence
- Balancing your metabolism & regulate weight
- Balance during menopause or menstruation (Red Dragon Qigong)
- Anti-aging & reducing stress
- Women's spirituality & softening the heart
- Nourishing clarity & simplicity
- Restoring your vitality & "letting-go" practice
- Strengthening the bones and kidneys (Bone marrow Qigong)



### Self-Healing, Meditation, Sexuality and Qigong

**Heart Meditation** - releases tension from the heart  
*"the cauldron of our emotions"*.

The heart maintains our innate wisdom, contentment and emotional balance.





**Venue:** Buddhist Centre,  
Hillsborough  
Christchurch

For lunch: Cafes are nearby or bring your own food.  
There will be a morning & afternoon tea break and 1½ hour lunch break.  
Herbal & Green Tea is provided.

**Gabrielle Euteneuer**, was born 1961 in Germany and is now based in Canterbury, New Zealand. At the age of 16 Gabrielle started learning Hatha Yoga, energy work and spiritual development. From the age of 20 she studied the internal practices behind Daoist Qigong and Tai Chi. To teach and live the Daoist lifestyle, which she has done for more than 35 years is her life's vocation. In the last 30 years she has been travelling in Europe, USA, Thailand, Australia and New Zealand, both gaining more knowledge and then passing it on in teaching sessions. She is an International Universal Tao Senior Instructor and is authorized to train Qigong Teachers.



1-1- tuition are available on Friday 10<sup>th</sup> July

Tao DVDs, Audio downloads and energy Jade eggs for sale: see the website:

[www.taomotion.co.nz](http://www.taomotion.co.nz)

**Seminar: Sat 10am-6pm & Sun 9.30am-5.30pm & Mon 9.30am-4pm**

**Sat 11 - Mon 13 July 2020**

Tuition fee: **\$410** Early Bird: **\$350\***

**Weekend Sat 11 - Sun 12 July**

Tuition fee: **\$310** Early Bird: **\$270\***

\* **Conditions apply:** Super Early Bird is valid either until 25 March or earlier when the five spots are gone. Refresher, who attended at least 2 Women seminars receive additional \$25 off. You will receive a confirmation letter 3 weeks before the seminar.

Enrol me in the **Women's Qigong seminar** in Hillsborough, Christchurch

Sat 11 – Mon 13 July 2020 or  Weekend Sat 11 – Sun 12 July

I pay 50% of the tuition fee now \$ Tuition fee: \$ .....

I take responsibility for myself and I accept the conditions of participation.

Eligibility: Registration deposit 50% of the seminar costs. Registration will be accepted on receipt of deposit payment. The confirmation fee (registration deposit) is part of the seminar fee. The balance will be collected on arrival. There is a cancellation fee of \$25 up to 8<sup>th</sup> June, \$90 until 22<sup>nd</sup> June, \$140 until 6<sup>th</sup> July. Thereafter, the entire fee is due if no replacement participant is provided. You can transfer your place to someone else.

Name..... Street.....

Town.....

Phone..... E-Mail.....

Either:  I enclose a cheque for \$ .....  Bank transfer: Tao Motion 38 9006 0298478 00

Date ..... Signature .....

Gabrielle Phone 027 225 1646 tao@taomotion.co.nz www.taomotion.co.nz

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