

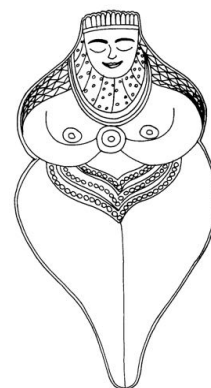
Women's Qigong Seminar

Queen's Birthday weekend

5 - 7 June 2021

Opawa, 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 help to clear unwanted symptoms during peri-menopause or menopause

Experience Rest, Relaxation and Renewal of your whole being

Learn Women's Qigong for:

- Grounding & centering to improve strength & confidence
- Supporting your immune system
- Balance during menopause or menstruation (Red Dragon Qigong)
- Anti-aging
- Reduce stress
- Women's spirituality & softening and calming the heart
- Nourishing clarity & simplicity
- Restoring your vitality
- Breast Health & Ovarian 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: Risingholme Centre is situated in a beautiful park 22 Cholmondeley Ave, Opawa Christchurch

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



Tao DVDs, Audio downloads and energy Jade eggs for sale: see the website: www.taomotion.co.nz

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

Sat 5 - Mon 7 June 2021

Tuition fee: \$410 Early Bird: \$380*

Weekend Sat 5 - Sun 6 June

Tuition fee: \$310 Early Bird: \$290*

* **Conditions apply:** Early Bird is valid until 1st May. Refresher, who attended at least 2 Women seminars with Gabrielle receive additional \$25 off. You will receive a confirmation letter 3 weeks before the seminar.

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

Sat 5 – Mon 7 June 2021 or Weekend Sat 5 – Sun 6 June

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 \$30 up to 1st May, \$110/\$80* until 19th May, \$190/160* until 1st June. Thereafter, the entire fee is due if no replacement participant is. * cancellation fee for the weekend provided. You can transfer your place to someone else.

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

Town.....

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

Bank transfer: Tao Motion 38 9006 0298478 00

Date Signature