



Cultivate the feminine

Qigong for Women

Weekend seminar

5-6 March 2022

Christchurch

with Gabrielle Euteneuer
Universal Tao Senior Instructor

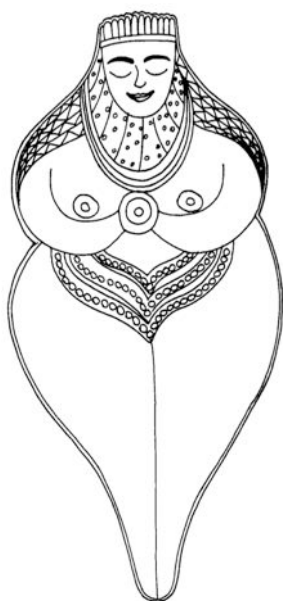


Transformational practices for every stage of a woman's life

Support healing and prevent disease with Qigong exercises designed for a woman's body. Discover how easy it is to tap into you on a deeper more connected level of well-being. The time-proven practices are beneficial for women of all ages. This Qigong routine will build stamina, overall strength.

Learn advanced Women's Qigong:

- Balance during menopause or menstruation (Red Dragon Qigong)
- Hormonal Qigong: Fountain of Youth
- Women's spirituality & softening and calming the heart
- Tiantien Qigong - grounding & centering practices
- Energy Egg practice & rituals
- Dragon Pearl Qigong
- Breast Health & Ovarian Qigong



Experience Balance, Relaxation and Renewal of your whole being

This is step two in the Healing Tao system. The knowledge of the Tao Basic is required: the Cosmic Orbit, the Inner Smile and the Healing Sounds

The focus is on female health using the internal healing and strengthening "Art of Qigong"





Venue: Avebury House is situated in a beautiful park Richmond, Christchurch

For lunch: There is a supermarket in walking distance. Best bring your food. There will be a morning and afternoon tea break and 1½ hour lunch break. Herbal and green tea is provided.

“When sleeping women wake, mountains move“ Chinese proverb

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 videos, Audio downloads and more for sale: see the website:



www.taomotion.co.nz

Seminar: Sat 5th March 10am-5.30pm & Sun 6th March 10am-5pm

Tuition fee: \$290 (after 1st Jan \$340)

Conditions apply: Knowledge of Qigong and the Tao Basic practices is required. There might pop-up a 3-hours Women's beginner seminar, when there is enough interest. Contact Gabrielle, when you are interested.

There are also Tao Basic learn-videos available.

You will receive an email, when I received your registration deposit.

A confirmation email will be sent out 10 days before the seminar.

Enrol me in the **Women's Qigong seminar** 5-6 March 2022 in Avebury House, Christchurch

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. I will pay the balance until 20th Feb. There is a cancellation fee of \$35 up to 20th Jan, \$90 until 1st Feb, \$160 until 25th Feb. Thereafter, the entire fee is due. You can transfer your place to someone else. Free cancelation when it is required through Covid-19 restrictions in Christchurch or the area, where you live.

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

Town.....

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

Bank transfer: Tao Motion 38 9006 0298478 00

Date Signature