



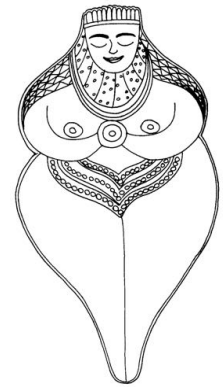
## Health & Vitality through Qigong for Women

Weekend seminar

20–21 November 2021

Opawa, 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 yourself 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.

The exercises support a balanced hormonal system and help to clear unwanted symptoms during menstruation or menopause.

Experience Balance, 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

Learn "Swimming Dragon Qigong" - it exercises the spine and joints. The movements are in a soft, flowing rhythm.



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





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

**Seminar: Sat 20 November 10am-5.30pm & Sun 21 November 9.30am-5pm**

**Tuition fee: \$290 (after 1<sup>st</sup> Sept \$330)**

\* **Conditions apply:** Refresher, who attended 2 Women seminars with Gabrielle receive additional \$20 off. You will receive an email, when we received your registration deposit. A confirmation email will be send out 10 days before the seminar. Limited space.

Enrol me in the **Women's Qigong seminar** 20-21 November 2021 in Opawa, 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 12<sup>th</sup> Nov. There is a cancellation fee of \$35 up to 20<sup>th</sup> Sept, \$90 until 1<sup>st</sup> Nov, \$160 until 13<sup>th</sup> Nov. Thereafter, the entire fee is due. You can transfer your place to someone else.

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

Town.....

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

Bank transfer: Tao Motion 38 9006 0298478 00

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