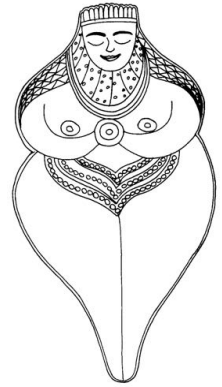




Rejuvenation Qigong for Women

28 - 29 November 2020
in Nelson

with Gabrielle Euteneuer
Universal Healing 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. To achieve this you need to invest just a few minutes every day to do the Qigong 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 also balance the hormonal system and help to clear unwanted symptoms during peri menopause menopause.



Experience Rest, Relaxation and Renewal of your whole being

Learn Women's Qigong for:

- Grounding & centering to improve strength & confidence
- Balance during menopause or menstruation (Red Dragon Qigong)
- Anti-aging
- Reduce stress
- Supporting your immune system
- Women's spirituality & softening and calming the heart
- 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.





**Anti aging Techniques for Women -
rejuvenation from the inside out**

Thursday 26 November 6.30pm:

Mini-workshop Healing Tao Qigong

in Fairfield House, Nelson

Entry: donation

There is the option, to enroll for Saturday as a one-day seminar. I recommend attending both days. On Sunday we will review all the practices from Saturday and go deeper. The "Yin" practice is essential, that we are able to connect with our healing power within.

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 40 years is her life's vocation.

In the last 35 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. This seminar counts towards the Qigong education certificate.



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

www.taomotion.co.nz

Venue: Nelson, Crown Terrace

Seminar: Sat 10am- 5pm & Sun 10am- 5pm

Weekend seminar 28-29 Nov

Tuition fee: \$330

One-day seminar Saturday 28 Nov

Tuition fee: \$170

After your enrolment you will receive a confirmation letter one week before the seminar.

Enrol me in the Qigong seminar for Women in Nelson

Weekend 28-29 November or Saturday 28 November

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 (for 1-day*) \$50 (for weekend**) up to 1st Nov, \$90* / \$140** until 15 November, \$100* / \$200** until 22nd November. Thereafter, the entire tuition 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