

Summer 2022

Tao Qigong

Fitness workout

Weekly classes

Tao Yoga

in Oxford & Rangiora

with Gabrielle Euteneuer

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Wed 6.30pm

Flexibility / Inner Relaxation

Tao Yoga



This is a **slow-paced Yoga** class with aspects of Taoist traditions.

- By practicing regularly Yoga will release endorphins that improve your mood and helps you sleep better

- Increase muscle tone and strength

- Improve flexibility, improve stamina, and help open up areas around the joints

Wed 26th Jan 6.30pm

70 minutes

Yoga tuition fee in Oxford:

\$85 for 8-weeks term

\$15 casual

Mondays in Rangiora

Venue: Oxford Town Hall & Jaycee Hall

Booking is essential for all classes

Fridays 9.30am

Mo 11am

Gain Vitality / Reduce Stress

Tao Qigong



Easy-to-learn exercises in sitting, standing & moving postures

- Qigong provides info how the seasons affect the body and ways to stay healthy and offers simple exercises to support the balance.

- Summer Qigong** offers exercises for the heart. This is an open class, you can start anytime

Fridays 9.30am

4th Feb onwards - 75 minutes

Qigong tuition fee in Oxford:

\$98 for 8-week term

\$16 casual

Mondays in Rangiora

Rangiora Venue:
Bowling Club, Good Street

Find out which class is best for you by contacting Gabrielle or

Wed 5.25pm

Fri 11am

Gain Strength / Improve Posture

Yoga Fitness workout



Starting with movements of **Tai Chi** and **Qigong** warm-ups to bring you into your body.

Yoga opens up, balance and strengthen the body, including hips and joints.

Pilates is a low-impact discipline that is fantastic for strengthening muscles, promoting movement control, & building endurance.

Fridays 4th Feb 11am

Wed 26th Jan 5.25pm

60/50 minutes

Fitness tuition fee:

\$80 for 8-week term

\$14 casual

Oxford SPECIAL: Try all 3 different classes and pay

\$28 (value \$45; use within 15 days)**Try 2 different classes and****pay \$21** (value up to \$31)To register please email: info@taomotion.co.nzVisit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646