

Autumn/Winter 2022

Tai Chi

Fitness workout

with Gabrielle Euteneuer



Weekly classes

TaoYoga

in Oxford & Rangiora

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Wed 9.30am*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

Wednesdays 9.30am

+free medi at 9.15am) 60 minutes

Yoga tuition fee in Oxford:

\$85 for 8-weeks term

\$15 casual

Venue: Oxford Town Hall & Jaycee Hall

Booking is essential for all classes

Fridays 9.45am*Gain Vitality / Reduce Stress***Tai Chi**

Tai Chi is an ancient art of slow flowing movements and shifts of balance that strengthen the whole body while conditioning the tendons and ligaments.

🌿 Tai Chi is for anyone who wants to move with greater strength, grace, and ease.

🌿 It trains balance and and focuses the mind

Fridays 9.45am

- 60 minutes

FREE Tai Chi class on Fri 17th June at 9.45am**Tai Chi term starts 1st July****Tuition fee:**

\$98 for 8-week term

\$16 only available for 1st July

Mondays Qigong in Rangiora

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

Wed 10.45am**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 11am**Wednesdays 10.45am**

- 60 minutes

Fitness tuition fee:

\$85 for 8-week term

\$15 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