

Spring 2020

Tao Qigong Fitness workout in Oxford

with Gabrielle Euteneuer

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Weekly classes

Tao Yoga

Wednesdays 10am*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 2 Sept 10am
- 75 minutes

Tuition fee: \$85 8 weeks
casual **\$15**
You can join casual

Venues (all classes are indoors):
Jaycee Hall and
Oxford Town Hall, Back room
in Oxford

(Picture: venue Oxford Town Hall)

Fridays 9.30am*Gain Vitality / Reduce Stress***Qigong for the season**

Learn simple 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.
 - ▶ In Early Spring we take care of liver, spleen and kidneys
- This is an open class, you can start anytime

Friday 4 Sept
9.30-10.45am

Qigong tuition fee:
\$98 for 8 sessions or
\$16 casual

Booking is essential for all classes
Find out which class is best for you or try different classes

Mon 10am*Gain Strength / Improve Posture***Yoga Fitness workout**

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

Yoga and **Qigong** open up, balance and strengthen the body. Including hips and joints.

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

Spring term starts:
Fri 28 Aug 11am
Mon 24 Aug 10am

Fitness tuition fee:
\$75 for 8-week term or
\$14 casual (60 minute class)

Enrol now:
call/text/email Gabrielle

To register please email: info@taomotion.co.nz
Visit our website: www.taomotion.co.nz

or call/text Gabrielle
027 225 1646