

# Healing Tao Qigong

Weekend seminars

**4 & 5 September**

Evening Mini-workshop

Fri September 6.30-8pm

**in Nelson**



**Learning Qigong can help you feel, move and work with energy in your body  
It is a powerful way to become more fully alive and conscious**

Qigong is an easy-to-learn practice, which helps to dissolve stagnation and blockages, thereby strengthening our health & vitality and harmonising the hormone system. The body already has everything it needs to heal itself; it is only a matter of reconnecting with this inherent energy once more through the ancient practice of Qigong.

This weekend, you will learn the spring sequence of 'Living in tune with nature's changes', called "Green Dragon" Qigong. In Spring, the energy is all about strength and flexibility. In Qigong, we call this resiliency. This is the energy we are waking up with our practice.

In Qigong and Chinese Medicine springtime is associated with Wood Element and the liver. The Liver's nature is to move its energy upward and outward freely. This movement is much like the branches of a tree - hence the association with Wood.

With wood we can get a good steady burning fire – which gives the heart energy.



## Weekend seminars:

### **Saturday 4 Sept: Green Dragon & the Cosmic Orbit Qigong**

Imagine a tree, which is grounded and has the strength to withstand the weather... but it's also flexible so that the branches move in the wind and can flow with whatever life brings your way.

In spring when the sap in nature is rising and energy expands, with the Green Dragon Qigong we increase tendon strength and elasticity, and make them more resilient.

It opens the body and mind for the free and continuous movement of energy, and flows through the **Cosmic Orbit**. Stillness appears and healing can take place ...

### **Sunday 5 Sept: Green Dragon & the Tiantien Qigong**

Tiantien Qigong builds inner power with the art of cultivating and condensing Qi in the lower abdomen. Known as the 'Ocean of Qi'. We continue to deepen the Green Dragon sequence.

For more information and to enrol:

E-mail: [tao@taomotion.co.nz](mailto:tao@taomotion.co.nz)

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

Tao Motion Ltd - Gabrielle Euteneuer 027 225 1646

**Mini-workshop:**

Friday 3<sup>rd</sup> Sept 6.30-8pm **Green Dragon Qigong** – introduction - Koha (donation)

**Gabrielle Euteneuer** was born in Germany and lives now in Canterbury. She is a Senior Instructor and Teacher of the Universal Healing Tao of Mantak Chia. This is a complete system of physical healing and personal development, which incorporates a number of practices.

From the age of 20 Gabrielle studied Taoism including Qigong, Tai Chi, Taoist Yoga, Tao of Love and Inner Alchemy. To teach and live the taoist lifestyle, which she has done for more than 35 years is her life's vocation. She is authorized to train Qigong and Tai Chi Instructors. She continues to work closely with Master Mantak Chia – the originator of the Universal Tao System [www.universal-tao.com](http://www.universal-tao.com)



*In Spring, the energy is all about strength and flexibility. In Qigong, we call this resiliency. This is the energy we want in our practice, and in our everyday life.*

**Venues:** Nelson, TBA

Bank transfer details: Tao Motion 38 9006 0298478 00 (Kiwi Bank)

**Qigong weekend seminar: 4 - 5 September Sa/Sun 10am - 5pm**

**Tuition fee: \$ 280** (paid after 1<sup>st</sup> August \$ 300)

**One-day Qigong seminar:** 4 September 10am – 5pm Sunday builds on the knowledge of the Saturday exercises

**Tuition fee: \$ 150** (paid after 1<sup>st</sup> August \$ 160)

Enrol me in the **Tao Qigong seminar** 4 - 5 September 2021 in Nelson:

4 & 5 Sept \$280 (\$300) or  Saturday 4 Sept \$150 (\$160) or  Sunday 5 Sept \$170 (for advanced students)

I paid the confirmation fee of \$ ..... (50% of the fee) or in full; I will pay the balance of \$ ..... cash at arrival or until 19<sup>th</sup> August by bank transfer.

Eligibility: Registration deposit 50% of the tuition fee. Registration will be accepted on receipt of deposit payment. The balance will be collected on arrival or by bank transfer until 19<sup>th</sup> Aug. There is a cancellation fee of \$25\*/\$15 until 1<sup>st</sup> Aug, \$90\*/\$50 until 17<sup>th</sup> Aug \$150\*/\$80 until 28<sup>th</sup> Aug. Thereafter the entire seminar fee is due if no replacement participant is provided. You can transfer your place to someone else. \* cancellation fee when you enrol for both days

I take responsibility for myself and I accept the conditions of participation

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

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

I paid \$ ..... by Bank transfer: Tao Motion 38 9006 0298478 00

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

You can also send an email with all the details above to enrol and write: Hereby I accept the conditions on the enrolment form

For more information and to enrol:

E-mail: [tao@taomotion.co.nz](mailto:tao@taomotion.co.nz) [www.taomotion.co.nz](http://www.taomotion.co.nz)

Tao Motion Ltd - Gabrielle Euteneuer 027 225 1646