

# Healing Tao Qigong

Weekend seminars

**16 & 17 May 2020**

Evening Mini-workshops

**14 & 15 May 2020**

**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 ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention to open blockages in the body based on the same meridian system used in acupuncture.

The movements are fairly easy to learn and allow access to everyone. To begin to benefit from Qigong you do not have to be fit and you don't have to be flexible. The exercises can be modified for almost anyone with patience that wants to learn.

The benefits of Qigong are many. From easing stress and balancing emotions to improving vascular function and strengthening internal organs.



## Weekend seminars:

**Saturday 16 May: Flex your Spine & "Soften your Heart"**

**Taoyin** is a Chinese answer to western physiotherapy to achieve a healthy structure in the back. This gentle technique of breathing, stretching and turning the spine brings inner strength and flexibility to the body. And supports the heart.

**"Liberation of the Heart"** - Also known as the "Inner Arriving in your Heart". Experience the power of the gentleness of your heart and a deep connection with life through Qigong.

**Sunday 17 May: "Buddha Palm" Qigong**

The Buddha Palm sequence is a series of movement for increasing energy flow through the body. This ancient practice teaches us how to connect with the energy around us. Learn how to harness these energies for healing oneself and others.

## Mini-workshops:

Thursday 14<sup>th</sup> May 6.30-8pm **Care for your back & Soften your Heart** - Koha (donation)

Friday 15<sup>th</sup> May 6.30-8pm **Women's Rejuvenation Qigong** - Koha (donation)

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

**Buddha Palm Qigong:** This method is valuable for people who work with patients. They will not lose energy during a treatment and can also benefit, as well as the patient, from the healing session.

The seminars and evening mini-workshops are perfect for practitioners of all levels and is a great opportunity to start practising Qigong or build upon your existing practice.

Picture right: Taoyin together with Qigong breathing gently stretches the tendons and muscles, and opens the joints. This can release blockages.

**Venues:** Nelson, TBA

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



**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)



I recommend attending the whole weekend

**Qigong weekend seminars: 16 -17 May Sa/Sun 9.30am - 5pm**

**Early Bird tuition fee: \$ 280**

paid deposit **after 1<sup>st</sup> April \$ 300**

**One-day Qigong seminar: 16 or 17 May 9.30am – 5pm**

**Early Bird tuition fee: \$ 150**

paid deposit **after 1<sup>st</sup> April \$ 160**

Enrol me in the **Tao Qigong seminars** 16/17 May 2018 in Nelson:

- 16 & 17 May \$300/\$280 or
- Saturday 16 May \$160/\$150 or
- Sunday 17 May \$160/\$150

I paid the confirmation fee of \$ ..... or in full (50% of the fee) I will pay the balance of \$ ..... at arrival or one week before by bank transfer.

I am responsible for my health & well-being on the seminar and mini-workshops.

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 10<sup>th</sup> May. There is a cancellation fee of \$75. You can transfer your place to someone else.

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