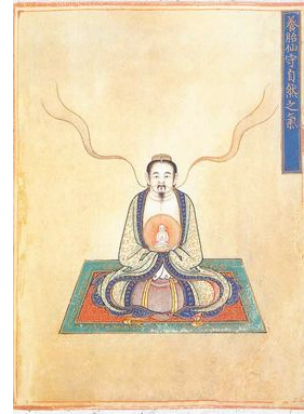


Inner Alchemy Retreat

12 - 17 Nov 2010

Aio Wira Centre, near Auckland

This journey will guide you into your inner world



The Fusion of the Five Elements I, II & III

Many practitioners call the practice of the Inner Alchemy the “Jewel of the Tao” due to its enormous efficacy in transforming negative emotions into pure natural energy, which we will use to open energy channels in our body. The practice will guide us to a natural, inner stillness and can connect us deeply with our true inner self.

This is a self-healing health and meditation retreat in part-time silence. Gabrielle has adapted traditional daoist exercises for the 21st century to achieve Inner Cleansing over the four days. Amidst nature and tranquillity in the Retreat Centre, you will learn how to create a special kind of “weather” in yourself and how to transform negative emotions into life force, enhance mind power and nourish spiritual growth.



The **Fusion I** practice focuses on balancing negative and positive emotional energy. This is a deep cleansing of the organs and is the next step after the “Healing Sounds”. Negative emotions and sickness is transformed into pure, neutral energy and which is then fused into a pearl. This pearl is circulated in the Cosmic Orbit.

The **Fusion II** Meditation grows and intensifies the good virtue energies forming a Compassion Pearl in the Creation Cycle. ”. You will learn to circulate the pearl through the major, internal organs, which will wake up or intensify virtue energy. All the energy gathered during the cycle combines to form a beautiful pearl of compassion energy. This pearl is then used to open and cleanse specific channels, You will learn how to detoxify the organs and glands by opening up the Thrusting Channels; and forming the Belt Channels drawing in the Heavenly and Earthly forces.

Fusion III: The third level opens the "Bridge and Regulator Channel" which improves the immune system and balances the energy in your whole body on a very high frequency.

The **Tao of Silence** will be a natural part of the retreat. It will support a deep inner centring in body and mind. Clarity, simplicity and inner peace arise when we take one step aside...

Prerequisite: Tao Qigong (Basic i.e. Inner Smile, Healing Sounds, Cosmic Orbit)

In the retreat you will also learn the daoist breathing and alignment postures, which are called **Iron Shirt Qigong**. They were used as strong martial art attacks in the past. Now we use these fantastic techniques to improve the health in body and mind. It especially supports the Inner Alchemy meditations.

Mail to: **Gabrielle Euteneuer , 92B Randolph St, Christchurch 8062**
Phone (not before 2 Aug) **03 – 942 9310** or **0272 251646** **Fax 03 – 942 9319**
 Email Gabrielle: tao@taomotion.com www.taomotion.com

In the morning or after the lunch break we will start with **Taoyin** (stretching exercises on the floor). Taoyin contains a wide variety of movements & breathing techniques from ancient systems of spiritual development. It comes from the heritage of the Immortal Tao.

Aspects of **Tantien Qigong** accompany us through this retreat. This practice enhances your ability to feel, develop, and store Qi (life force). The mind becomes calm and relaxed while maintaining a high energy level. When Qi is stored in the Tantien (centre in the lower abdomen) you develop rooting and internal power.

Why a retreat:

We are away from our daily routine and environment, which helps to stay more focused on the exercises. There is no Internet access or cell phone reception. It makes it easier, that nothing can disturb our inner process and creates an "Inner Space". The experience will unfold easier in our daily life.

You have the possibility to experience part time silence between Saturday evening and Tuesday lunchtime. This will support to stay in the present. There is always space to ask questions, to smile or to laugh ☺

We will enjoy the beautiful landscape and connect with nature. All this of unspoiled nature is mirrored in our own inner, wild and unknown countryside, which you will learn to access during this retreat.

12 – 17 Nov Inner Alchemy Retreat

5 days

Tuition fee: \$480

Friday 7:30 pm - Wednesday 2pm

(Refresher \$400)

12 – 14 Nov Inner Alchemy weekend

2 1/2 days

Tuition fee: \$280

Friday 7:30 pm - Sunday 5pm Fusion I & the Creation cycle

(Refresher \$210)

Plus accommodation & delicious vegetarian food \$75 per day

After your enrolment you will receive a confirmation letter with detailed information.

Gabrielle Euteneuer, 1961, was born in Germany and is now based in Christchurch, New Zealand. She is a Senior Instructor of the Universal Tao, Mantak Chia and she is authorized to train Associate Instructors. From the age of 20 she studied the internal practices behind Taoist Qigong and Taijiquan. To teach and live the daoist lifestyle, which she has done more than 25 years is her life's vocation. Her background also includes study in Taijiquan Sword, Dream Yoga, I Ching and Wisdom Qigong. One to One tuition is available.

Taijiquan DVDs & Tao CDs for sale, for more workshops & retreats see Gabrielle's website: www.taomotion.com

Enrol me for the workshop

Fusion of the 5 Elements I-III 12-17 Nov 2010 confirmation fee \$ 150

Fusion I (weekend) 12-14 Nov 2010 confirmation fee \$ 80

Tuition \$ _____ and

I will pay confirmation fee \$ _____ (\$30 non-refundable until 22 Oct; \$50 until 5 Nov ; \$150/ \$80 non-refundable after 5 Nov)

I will pay the rest of the tuition on the day arriving \$ _____ and accommodation & food (\$75 per day)

I enclose a cheque for \$ _____ or pay by Bank transfer: Tao Motion 38 9006 0298478 00 Kiwi Bank

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

Town.....

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

Date Signature