



TAO Qigong



A Self-healing System for Everyone

Qigong for the season spring

with Gabrielle Euteneuer, Senior Instructor of the Healing Tao

*“The next regular Tao Qigong event with me in Devonport will be in September. I am looking forward to see you again or join us for the first time. This time you will practice **Qigong for the season**. Everyone is welcome, who is interested in self-healing, balancing the emotions and opening the heart.*

I am happy to see the interest in Mantak Chia’s work, the originator of the Universal Healing Tao system, which becomes more recognized within New Zealand. Keep warm!”

A sea of Qi, Gabrielle

Sunday, 5 Sept 10am-1pm in Devonport, Auckland. VTBA

Tuition: \$20 plus Dana (Donation)

Experience the practices of the Universal Healing Tao:

1. The **Qigong for the season** – Get ready for spring! Connect with your liver energy and learn to warm up your “Inner Stove”. Give your metabolism a kick start and The Inner Smile will melt the cold out of our bones 😊
2. Tao Breathing & Meridian stretching exercises - to refresh the brain and detoxify our body cells. The **Golden Brocades**: The movements are in a soft, flowing rhythm. There are beginner to advanced options. Everyone can learn the Golden Brocades, no matter, at what age you begin. The movements produce energy and vitality in the body, and harmonizes the meridian system.
3. Structural alignment, **Iron Shirt Qigong** postures for correcting and maintaining good posture.

Gabrielle Euteneuer, 1961, was born in Germany and is now based in Christchurch, New Zealand. At the age of 16 Gabrielle started learning Hatha Yoga, energy work and spiritual development. From the age of 20 she studied the internal practices behind Taoist Qigong and Taijiquan. She is an International Universal Tao Senior Instructor and is authorized to train Associate Instructors.

Gabrielle's teachers are Mantak Chia, Thailand and Juan Li, Spain. Her background also includes study in Taoist Dream Yoga, I Ching and Wisdom Qi Gong. She continues to work closely with **Master Mantak Chia** – the originator of the Universal Tao System www.universal-tao.com Tao DVDs, CDs and energy gemstone eggs for sale: see the website: www.taomotion.com Private sessions are available. Please book in advance.



Please bring flat, soft shoes for indoors (wooden floor), comfortable, warm clothes, a cup (Tea and hot water is there). Please bring a cushion and a blanket.

To register for this event:

1. Gabrielle Euteneuer , 92B Randolph St,

Christchurch 8062 Phone 03 – 942 9310 or 0272 251646

Individual sessions are available. Early booking is recommended.

Email Gabrielle: tao@taomotion.com www.taomotion.com

2. Elena (Auckland) call/text 021 605 911, email : ebacarji@ihug.co.nz