

Healing Breath & Tiger Qigong

Sunday seminar
17 March 2024
10am - 5pm
in Oxford



**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 and vitality and harmonising the hormone system.

Movement, Attentiveness, and Ancient Wisdom Tradition

Seasonal Qigong practices are a wonderful way to connect deeply with nature, our surroundings, and ourselves. When we are tuned in with nature, it is easy for our body and immune system to adjust to changes, like temperatures, weather, and energy. We stay flexible and so can act appropriately in new situations.

I created this one-day course to "tune" you into the change of season from late summer into autumn with **"Tiger" Qigong**.

It's a magical time, one in which we can turn our attention inward and attend to our letting go

This ancient Taoist practice increases the elasticity of tendons and exercises the muscles, ligaments and fascia. It activates the "sparkle of curiosity" in our eyes (tiger gaze). The pleasant movements of **"Tiger" Qigong** awaken curiosity, courage, and honesty toward ourselves. These are the positive emotions associated with the lungs and colon. This is the power of Tiger Qigong.

The **"Healing Breath"** is also known as "Bone Marrow Breathing". It is the perfect complement to the energising movements of "Tiger" Qigong. This ancient Taoist practice leads to deep inner relaxation, which is revitalising and can help improve bone density. You also can do this exercise lying down.

This Qigong seminar is suitable for both beginners and existing practitioners. No previous knowledge is required

Gabrielle Euteneuer was born in Germany and lives now in Canterbury, New Zealand. 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. She offers an Education Online program to learn for one self and a teacher-learning program in person. To teach and live the Taoist lifestyle, which she has done for more than four decades is Gabrielle's life's vocation. She trains Qigong teacher (request more info about the Teacher Training)

Venue: Pearson Park Pavilion, Oxford

Sunday 17th March 2024 10am - 5pm incl. lunch break, short morning and afternoon breaks

Tuition fee: **EarlyBird \$130** paid after 31st January **\$170**. **Students from Gabrielle: \$115*** offer expires on 31st January
* (with at least 8 hours classes with Gabrielle)