

Taoyin Yoga & Meditation

Saturday seminar
16 March 2024
 2pm - 5pm
in Oxford



Taoyin - a Taoist answer to Western physiotherapy to achieve a healthy structure in the back



Taoyin is a practice that combines gentle movements, attentive breathing, and focused attention to promote physical and mental well-being. While the movements may be similar to those in Yoga, Taoyin has its unique focus. On one side the exercises bring inner strength and on the other, they will help to relax and let go completely inwardly at the same time.

Taoyin is stretching and body twist exercises on the floor. It helps your internal life force, or Qi, to circulate more freely, for the purpose of refreshing, attuning, adjusting, and regenerating your energy. It is a series of postures combined with special breathing

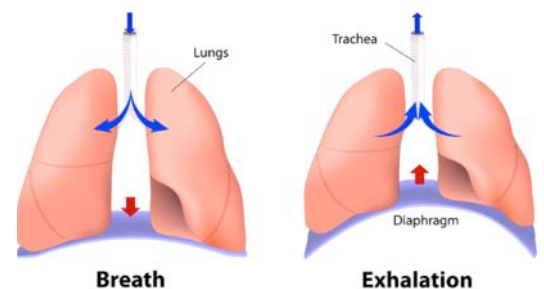
patterns, which also help to strengthen the tendons and bring flexibility to the spine. It will energise and relax the lumbar area, the lower back and the psoas muscle.

To complete the Taoyin sequence, we use the **Spinal Bone Marrow Washing** exercise.

Tao Yoga meditation – Breathe and Relax into your Being

“Can you find the patience to wait until your dust settles and the water becomes clear?” Laozi Tao Te Ching

Tao Yoga meditation is the ideal complement to Taoyin. We move into stillness and explore the ancient practices of Taoist breathing and attentiveness. It is easier to sit still after performing Taoyin's movements. You will continue to feel the inner, subtle movements and this creates a good foundation for Taoist meditation. You can sit in a chair or on the floor while meditating.



This Tao Yoga & Meditation course is suitable for both beginners and existing practitioners. No previous knowledge is required. I will give modified options.

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 trains Qigong teacher (request more info about the Teacher Training)

Venue: Pearson Park Pavilion, Oxford

Saturday 16th March 2024 from 2pm - 5pm includes a short afternoon break

Tuition fee: EarlyBird **\$55** paid after 31st January **\$70**. **Students from Gabrielle: \$40*** offer expires on 31st January
 Send this enrolment form by email or text/message: * (with at least 8 hours classes with Gabrielle)

WEEKEND: Saturday 16th - Sunday 17th March 2024

Tuition fee Saturday & Sunday: Early Bird \$155 paid after 31st January **\$230**