

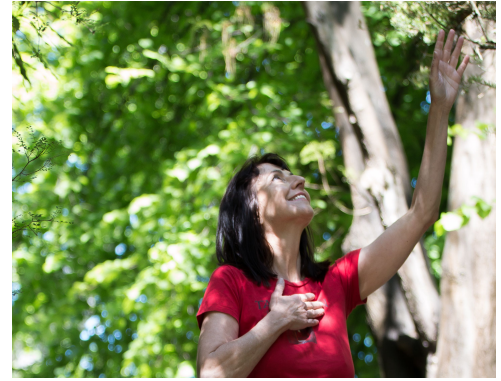
Green Dragon Qigong

Sunday seminar

22 September 2024

10am - 4.30pm

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 Winter into Spring with "**Green Dragon**" Qigong.

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

This weekend, you will learn the spring sequence of 'Living in tune with nature's changes', called "Green Dragon" Qigong. In spring, the energy is all about strength and flexibility. In Qigong, we call this resiliency. This is the energy we are waking up with our practice.

In Qigong and Chinese Medicine springtime is associated with Wood Element and the liver. The Liver's nature is to move its energy upward and outward freely. This movement is much like the branches of a tree - hence the association with Wood.

With wood we can get a good steady burning fire – which gives the heart energy.

Imagine a tree, which is grounded and has the strength to withstand the weather... but it's also flexible so that the branches move in the wind and can flow with whatever life brings your way.

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 22nd Sept 2024 10am - 4.30pm with lunch break, short morning and afternoon breaks

Tuition fee: **EarlyBird \$115** paid after 1st Aug **\$170**. Students from Gabrielle: **\$95*** offer expires on 1st August
* (with at least 8 hours classes with Gabrielle)