



# Healing Tao Retreat

## QIGONG FOR WOMEN

**4 - 8 May 2012**

between Nelson and  
Abel Tasman National Park

with Gabrielle Euteneuer  
Healing Tao Senior Instructor



### Self-Healing, Rejuvenation, Meditation and Sexuality

This seminar is for women of any age or background, who wants to enhance her life force, vitality and self-healing. These easy to learn exercises, mixed with the love and passion from your heart, bring you into closer contact with your *Self*.

Unleash your feminine potential; allow your sensitivity and vulnerability to flower. Learn to nurture your essence in an easy, natural, feminine way. The conservation and transformation of sexual and reproductive energy acts as a revitalizing factor in one's physical and spiritual development. The circulation of the regenerative force from the reproductive organs to the higher centres of the body serves to invigorate and rejuvenate all the vital functions and organs.

A woman's internal sexual energy can nourish her whole body. This energy is able to balance the hormone system and to dissolve premenstrual symptoms. The "**Bone Breathing**" sessions start Monday. On this retreat you will learn:



Qigong outside the venue,  
beside the river.

- **Emotional Wisdom Qigong** reveals negative emotions, like stress, frustration and worries, acknowledges and shifts this energy into life force again.
- The **Heart Meditation** opens the heart - the "*cauldron of the emotions*" - like a flower. It is the seat of love, joy and gratitude. This unfolds natural ways to be able to live life to it's full potential. It multiplies the finest energy within.
- The **Inner Smile** with the **Energy Breast Massage** nurtures and relaxes the internal organs and glands. It expands vitality into each body cell.
- The **Ovarian Breathing** connects all the glands in the body and balances the hormone system. Here, deep inner healing can take place.
- The **Energy gemstone egg practise** strengthens your pelvic floor and immune system in your lower abdomen. Valuable info to improve health and vitality for women on Sunday. Practice on Monday or Tuesday.
- **Tao Tendon and Breathing exercises** release carbon dioxide and bring oxygen into the organism. This detoxifies the body and the brain.
- The **Swimming Dragon** is rejuvenation for the metabolism and the spine. This Qigong shifts energy and supports healing in all the major internal organs.
- **Bone Breathing** strengthens the bones and can improve the bone density. The "**Bone Marrow Nei Kung**" practice cleanses and revitalise the bone marrow. This process can relieve the heart of excessive work and guides to a deep inner relaxation. Sessions start from Monday.
- **Healing Love** introduction, how to share intimacy and love with a partner in a new, healing and loving way. Session is on Tuesday.
- **Rituals** will accompany us to connect deeper with our *Being*, exploring unknown territory in our *Self* and revealing inner wisdom and clarity.

### Retreat for men and women: 2-11 November 12

Request the detailed flyer:

Mail to: Gabrielle Euteneuer , 92B Randolph St,  
Christchurch 8062 Phone 03 - 942 9310 or txt/ph 027 2251646  
Email Gabrielle: tao@taomotion.com www.taomotion.com



The Paretai lodge near a river

**Venue:** Paretai Guide lodge & campsite, 20 min from Nelson Airport is situated near a river with a swimming hole in a quiet valley. This tidy, simple lodge provides a cosy venue for the retreat. Accommodation is in bunk beds or on the campsite in case you like your privacy. The venue provides a fireplace outside. We can organize car pool from the Airport.

**Vegetarian food:** We organize breakfast and dinner together. Lunch will be served (\$15-25 per day). We buy groceries and share the cost. Everyone helps cleaning. **Accommodation per day/per person:** \$15

**Gabrielle Euteneuer**, 1961, was born in Germany and is now based in Christchurch. 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. To teach and live the Taoist lifestyle, which she has done more than 30 years is her life's vocation. In the last 20 years she has been travelling, both gaining more knowledge and then passing it on in teaching sessions.

She is an International Universal Tao Senior Instructor and is authorized to train Associate Instructors in Qigong and Taijiquan.

Gabrielle's teachers are Mantak Chia, Thailand and Juan Li, Spain. Her background also includes study in I Ching and Wisdom Qigong. She continues to work closely with Master Mantak Chia – the originator of the Universal Tao System

Tao DVDs, CDs and energy gemstone eggs for sale. See the website: [www.universal-tao.com](http://www.universal-tao.com)



[www.taomotion.com](http://www.taomotion.com)

The 4 1/2 days will include a six to seven hour period of teachings with Gabrielle each day including healing sessions and meditations in silence and there will be opportunities for questions. You also will have time for reflection, walks, resting and enjoying this beautiful place.

**Private sessions with Gabrielle are available**, also Chi Nei Tsang Treatments (an ancient form of detoxifying, energizing, abdominal massage). Please book before the retreat starts.

**Retreat: 4-8 May 2012** Fri 7:30pm - Tue approx. 3pm (4 1/2 days) **Tuition \$ 450**

with "Bone Breathing" When you book until 25 Feb (deposit \$150): **EarlyBird \$370**

Plus accommodation: \$60 (\$15 per night)

plus vegetarian meals (approx. \$25 per day) (approx. \$ 95- \$110 for the whole retreat)

**Weekend: 4-6 May 2012** Fri 8pm - Sun 4pm (2 1/2 days) **Tuition \$ 290**

When you book until 25 Feb (deposit \$90): **EarlyBird \$ 230**

Plus accommodation: \$30 (\$15 per night) & food (approx. \$50 = \$25 per day)

After the enrolment and paid fee you will receive a confirmation letter

Enrol me in the retreat **Healing Tao for women** in Paretai Lodge near Nelson

4 - 8 May 2012 (4 1/2 days) or  the weekend 4 - 6 May  EarlyBird (please circle in)

I will pay in full/or confirmation fee \$ 150\*/ \$90\*\* \$ ..... Tuition \$ .....

150\* retreat confirmation fee or \$90\*\* weekend confirmation fee

I acknowledge that a registration fee of \$70 (weekend \$35) is non refundable, but I can transfer my place to someone else.

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

Town.....

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

Either:  I enclose a cheque for \$ .....  Bank transfer: Tao Motion 38 9006 0298478 00

Mail to: Gabrielle Euteneuer , 92B Randolph St,  
Christchurch 8062 Phone 03 - 942 9310 or txt/ph 027 2251646  
Email Gabrielle: [tao@taomotion.com](mailto:tao@taomotion.com) [www.taomotion.com](http://www.taomotion.com)