

## Seminar with Gabrielle Euteneuer

Gabrielle, born 1961, is Senior Instructor and teacher of the UHT (Universal Healing Tao). It is a comprehensive system for physical healing and personal development that includes a range of practices.



From the age of 20 Gabrielle studied Taoism including Qigong, Tai Chi, Tao Yoga and meditations. To teach and live the taoist lifestyle, which she has done for 40 years is her life's vocation. She is authorised to train UHT teachers and offers a Qigong education system with certification, online and in-person.

### Investment for 5 1/2 days:

Thursday 14 Nov 6pm - Tuesday 19 Nov 3pm

**\$1200\***

includes tuition and accommodation in bunk bed rooms (sleeps 2 - 4) or day guest fee

**PLUS** for catering **\$ 315**

Mainly organically grown, healthy, vegetarian food from the 5-Element nutrition cook Julja.

\*Request the reduced tuition fee offer for UHT instructors and teachers

You will receive a confirmation email after your enrolment. More info will be send 3 weeks before the seminar.

Bank account details:

Tao Motion 38 9006 0298478 00 Kiwi Bank  
For overseas participants you can pay by wise.com (no additional fees) or by PayPal (additional fee will occur). Contact us for more info.

*"Tao Qigong encourages a generous mind, an open mind, and a heart that gives without thought"*



Mantak Chia (centre) is the founder of the Universal Healing Tao

**Prerequisite:** Tao Qigong Basic knowledge is required (the Cosmic Orbit). Or start learning now with videos or Audio downloads

To enrol or for more info:

[info@taomotion.com](mailto:info@taomotion.com)

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

**Venue:**

Bellbird Heights  
Living Springs

Allandale

20 minutes from Christchurch

# Healing Tao Qigong Retreat



**14 - 19 Nov 2024**

Thursday - Tuesday

**Inner Alchemy  
&  
Healing Hands**

in Living Springs  
near Christchurch

# HEALING TAO QIGONG

## & INNER ALCHEMY MEDITATION

### Enrolment form:

Enrol me for the Inner Alchemy retreat  
from 14 -19 November 2024

Seminar fee\* **\$1200**

Check out Specials on the website or \$ \_\_\_\_\_

plus vegetarian food **\$315**

\*The seminar fee includes accommodation in  
bunk bed rooms (sleeps 2-4) or day guest fee

Upgrade options for:

- Studio (plus \$225)
- Apartment (plus \$425 - 2 bedrooms)
- gluten- /dairy-free diet (additional \$25-\$50)

TOTAL: \_\_\_\_\_

I paid 50% of the seminar fee of \$ \_\_\_\_\_

and will pay the balance of \$ \_\_\_\_\_

at least one week before the seminar.

I take responsibility for myself and I accept  
the conditions of participation

Name \_\_\_\_\_

Ph: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Place \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

Eligibility: The registration deposit will be accepted in order of  
receipt of payment. The cancellation fee is \$50 until 1 August;  
\$150 until 1 Sept.; \$ 300 until 10 October; \$ 450 until 31  
October. Thereafter, the entire seminar fee is due incl. catering.  
You can transfer your place to someone else.

Take a time-out and recharge. Allow openness for life to blossom and bring this freshness into your  
everyday life. The practices of Inner Alchemy enable profound processes of inner transformation. This  
ancient meditation system was developed and refined over many centuries.

Join me on the ancient path of Tao Qigong. The themes are: revitalising, refining and lifting the healthy  
vibration in body and mind; Strengthening our life force, and developing clarity and an open heart.

### Inner Alchemy and Healing Hands

**14 - 19 November 2024**

Thursday 6pm - Tuesday 3pm

Through the exercises we will increase health and  
expand nourishing life force, reaching each body  
cell to effect rapid change and balance the  
emotions.

(Prerequisite: Knowledge of the Cosmic Orbit Qigong)

### Inner Alchemy: Ascending Channel Qigong

**“Creating a strong Centre”** - The Ocean of Qi

We use the **”Pearl of Excellence”** to start a deep  
cleansing process. It affects the Immune system  
positively. A deep sense of calm appears.

### Inner Alchemy: the Bridge & Regulator Channel

This **“Meridian Qigong”** regulates and bridges  
the meridians in our body. E.g. excessive energy  
will flow to meridians where there is a lack of  
energy. It increases the vibration frequency so an  
internal regeneration and self-healing process can  
be initiated from the cellular level.

### Buddha Palm Qigong (Healing Hands)

Learn this ancient vitalising Qigong sequence in motion  
which opens the body to the external forces:

The energy from the earth and from the universe. This  
Qigong is practiced in standing and moving postures.



The seminar includes also:

1.- **Taoist Breathing, Energy practice & Tiantien Qigong** promotes good body  
structure which supports the outer, inner  
and emotional alignment.

3.- **Taoyin** gently stretches tendons,  
ligaments and muscles. This releases  
blockages and liberates stagnated energy.  
We finish with **Bone Marrow Washing**, a  
deep relaxing and at the same time  
energising practice while lying on the floor.



*The venue is settled on the edge of an extinct volcano amid native bush*