



Healing Tao Australia

Women's Health & vitality Workshop

with Universal Healing Tao senior instructor Gabrielle Euteneuer



Date: September 28th to 30th (3 days) 2018

Venue: 49 Gladstone rd Highgate Hill 4101 Brisbane

Cost: \$500 (3 days) \$175 (1 day)

Overview:

Come learn with senior instructor Gabrielle Euteneuer

Qigong grounding & centering practices to reduce stress

Women's Spirituality

Qigong to balance metabolism & regulate weight

Anti-aging techniques for women

Qigong for Breast Health & Breast energy massage
Meditation -inner smile
Bone breathing Qigong – relieve the heart of excessive work
Egg exercise practice - Restore your vitality through strengthening your pelvic floor
Ovarian Breathing
Swimming Dragon Qigong
And more

Come learn to develop Inner beauty & outer radiance!

Support materials: available for purchase at special discount during retreat. Cash and credit welcome.

What to bring: Yoga mat or thick towel (you will use every day), plenty of filtered/ clean drinking water for each day & own food.

Payment Options:

Book through website: www.healingtaoaustralia.com/events
EFT Payment: BSB: 014274 Acc no: 458907501 Bank: Anz
Pay Pal: adam.gokmen@gmail.com

What to bring:

Yoga mat, drinking water and own food if not getting it with the group option.

TAO MOTION



Kind Regards, Adam Gokmen
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