



TAI CHI & CHI KUNG
INSTITUTE

REFRESH BODY & MIND WITH TAI CHI & CHI KUNG

Autumn Is Now Here

For Further Information Visit The Tai Chi Website
www.taichi.com.au /office@taichi.com.au or
for a free brochure phone 8371-2488.

If you are looking for help refresh your mind & body and you're looking for a safe way to exercise and gain health benefits, then start the season with a free lesson of Tai Chi or easy Chi Kung exercises with the Tai Chi and Chi Kung Institute, starting April 30th - May 2nd at Adelaide, North Adelaide and Semaphore. Tai Chi movements, originally based

on martial arts, are performed at a slow pace and together with controlled breathing, help ultimately to improve physical and mental relaxation, blood circulation, flexibility & concentration.

These exercises involve virtually no impact on the joints and muscles and use non-strenuous natural body movements. Tai Chi is suitable for all age groups including

specially tailored classes for schools & community groups.

Chi Kung exercises are easier than Tai Chi & is more like a Chinese Medicine health exercises or Chinese Yoga.

The classes will be conducted by S.A.'s only Australian & China Government Accredited Coaches at the Tai Chi and Chi Kung Institute,

who have been teaching in S.A. for over 29 years.

The next seven week course for beginners will start the following week April 30th - May 2nd, and a **special offer of "2 people for the price of 1"** is available for beginners to encourage friends and family to learn together.

DVD and Textbooks are available.