

GUARDIAN

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Senior instructor Heather Smith leading Chinese yoga lessons in the parklands.

Chinese yoga improves health

FOR thousands of years the Chinese and Indians have used physical exercise and breathing techniques to improve health and wellbeing.

One of these techniques is 'Chinese Yoga' known as Chi Kung in China.

The gentle exercises of Chinese Yoga were first introduced to South Australia in 1988 by the Chi Kung Institute's chief instructor, Master Allan Kelson.

He was the first instructor to gain accreditation in China and

return to Adelaide with these skills.

The sequences of slow, simple movements are easy to learn.

The benefits, according to traditional Chinese medicine, improve the acupuncture meridians, involve virtually no impact on the joints and muscles and use non-strenuous, natural body movements.

Chinese Yoga (Chi Kung) is suitable for all age groups and can help those with arthritis, cancer, chronic fatigue and stiff bodies.

The Chi Kung Institute will hold a week of free introductory lessons of Chinese Yoga and Tai Chi for beginners

For inquiries call the Chi Kung Institute on 8371 2488.

www.chineseyoga.com.au