

太極

Tai Chi

Chi Kung - Qi Gong

氣功

"Chinese Yoga"

Health - Relaxation - wellbeing



Tai Chi - Chi Kung on the Great Wall of China

Term - 4

"Have a Free Try on week 1"

Adelaide

Gilles St Primary School - Max Green Hall
123 Gilles St. (Near Pulteney Street)

Starts Tuesday 23rd Oct 2018

Chi Kung - Qi Gong: Relaxation - 6.15pm (doors open at 6.00pm)

or

Tai Chi: Slow & safe exercise - 7.15pm (doors open at 7.00pm)



Bookings Essential: email: office@taichi.com.au

wear shoes & comfortable clothing

太極 氣功 十八式



Only ones in SA
Officially
Gov't Accredited
In China



www.taichi.com.au
34 years in Adelaide

Other Branches

Nth Adelaide - Fri am
Barossa - Thurs (am)

