

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

# Adelaide

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

**Started Tuesday 23rd Oct 2018**

Enrolments in week 1 - 3 only

**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](mailto:office@taichi.com.au)**

wear shoes & comfortable clothing

太極 氣功 十八式



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In China



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34 years in Adelaide

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