

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 - 1

**"Have a Free Try on week 1"**

# Adelaide

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

**Starts Tuesday 5<sup>th</sup> Feb 2019**

**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



**Only ones in SA**  
Officially  
Gov't Accredited  
In China



[www.taichi.com.au](http://www.taichi.com.au)  
35 years in Adelaide

**Other Branches**

Nth Adelaide - Fri am  
Barossa - Thurs (am)

