

太極

Tai Chi

氣功

Chi Kung - Qi Gong

太極 氣功 十八式

Health - Relaxation - wellbeing



Tai Chi - Chi Kung on the Great Wall of China

Term 4 " Spring "

太極 氣功 十八式

Tai Chi - Chi Kung - easy exercise

North Adelaide

Estonian Hall: 200 Jeffcott St (Cnr Childers St)

Friday 27th October - 2017 at 9.30am

Bookings essential : Email office@taichi.com.au - wear shoes & comfortable clothing

Also: Adelaide Tuesday Oct 24th at 6.15pm (Tai Chi & Chi Kung)

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



Next Beginners 7 week course - Term 4 - 2017 starts:

Friday October 27th

Friday: Chi Kung - Qi Gong: Relaxation - 9.30am



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China

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