



# CLASS TIMES

New Beginners "Have a Try on week 1"

## Term 4 - 2018

Tai Chi or Chi Kung (Qi Gong)  
Classes - 45 minutes



**Chi Kung (Tai Chi-Chi Kung) Relaxation**  
(You can join in Weeks 1 - 3 of the term)  
7 Week Term - **Week 1 Starts: Oct 23 & 26th**

### 太極 氣功 十八式

Adelaide Tuesday Oct 23rd 6:15pm

Email to reserve a place in the class:

Email: [office@taichi.com.au](mailto:office@taichi.com.au)

Nth Adelaide Friday (a.m) Oct 26th 9:30am

**spaces limited in Term 4**

No sitting or lying down required in Chi Kung  
Easier than Tai Chi

### TAI CHI - Slow Exercise Classes

(You can join in Weeks 1 - 2 of the term)

7 Week Term - **Week 1 Starts: Oct 23rd only**

Adelaide Tuesday Oct 23rd 7:15pm

Email to reserve a place in the class:

**Limited spaces available**

Email: [office@taichi.com.au](mailto:office@taichi.com.au)

Tai Chi is more challenging than Chi Kung.

Check the website for any changes after week 1.

All classes are 45 minutes - Venue/ Address: ↗

## Discount Coupon - Print



or **Chi Kung** (Qi Gong)

For Good health, Relaxation  
Fitness & concentration.

Discount Coupon

**Beginner's Special Offer:**

**" 2 people for \$110" \***

- or -

**\$88 for 1 person** = 20% off

\$69 **Concession per person**  
for Full-time students & Govt.concession cards.

Note: standard fee for 1 person is \$110  
on presentation of this voucher

\*Conditions Apply

7 week terms - conducted during the State School terms

Master / Chief Instructor: Mr Allan Kelson.  
Government Accredited Instructors.

Morning Class: North Adelaide Friday 9.30am. Chi Kung  
Evening Classes: Adelaide 123 Gilles St - Tuesday pm  
Chi Kung 6.15pm or Tai Chi 7.15pm

8371 2488  
[www.taichi.com.au](http://www.taichi.com.au)

## Class Locations

### Evening Class

Adelaide Gilles St Primary School Hall  
Tuesday p.m. 123 Gilles St (off Pulteney St)

Chi Kung : 6.15pm  
Tai Chi: 7.15pm

### 太極 氣功 十八式

## Term 4

### Day Class

North Adelaide Estonian Hall - **Chi Kung only**  
Friday 9.30am. 200 Jeffcott St (Cnr Childers Street)

Email your interest to attend

[office@taichi.com.au](mailto:office@taichi.com.au) - Adelaide & Nth Adelaide

### Course Bookings:

Book & Pay 15 - 20 minutes before class.

**China Accredited Instructors**  
at all venues.

Wear loose, comfortable clothing & soft, low heeled or flat shoes (**NO BARE FEET or THONGS ALLOWED IN CLASS**)  
Bring some water to drink, especially in summer.  
Arrive 5-10 minutes prior to the start of your class.  
**PLEASE TURN OFF YOUR MOBILE PHONE** (or silent mode)

## Class Prices

FULL/Standard PRICE for 7 Week Course = \$110

ADVANCE BOOKING PRICE for 1 person = \$88

**Seniors Card Welcome = \$69**

Pay only \$88 (save \$22) when you book in for your 7 week  
Beginners course of Tai Chi or Chi Kung (Chinese Yoga)  
When you book at the "Have a Try Class on week 1"

Or post Cheque or M/o to the Tai Chi & Chi Kung Institute  
G.P.O. Box 66 Adelaide S.A. 5001  
before your first class. Or arrive 15 minutes early.  
(Not in conjunction with any other offers)

**Concession Card: Pension & full-time student card.**

Receive \$33.00 off full Fee, on presentation of card.  
(Not in conjunction with "2 for 1" or any other offers)

**Tai Chi & Chi Kung Institute** - 33 years in SA  
Email your interested to attend - [office@taichi.com.au](mailto:office@taichi.com.au)

Website: [www.taichi.com.au](http://www.taichi.com.au)

Note: prices are for Beginners Sets only

**Term 4 - Oct 23 & 26th, depending on the venue.**

Bookings: arrive 15 minutes prior to the start of the lesson, turn off your mobile phone and relax.

Please wear low-heeled, comfortable shoes (bare feet, thongs & sandals are not allowed in class).

**Courses are usually conducted with min 10 students.**

**Booking into a 7 week Course.**

Bring along the coupon on the left to book in for the next 7 week term at the venue of your choice.

Bookings can be made at the venue,  
(Weeks 1-2 for Tai Chi & 1 - 3 for Chi Kung) of the course.

We accept cash, cheque, Visa or Mastercard, Amex only  
\$2.1% **Surcharge applies for credit cards**

If You are under current or recent medical supervision for a illness or injury and / or taking prescribed medication  
please get written permission before attend these classes. Down load the "Doctors Approval form" on the Home page

Or click this link: [www.taichi.com.au/doctor.pdf](http://www.taichi.com.au/doctor.pdf)

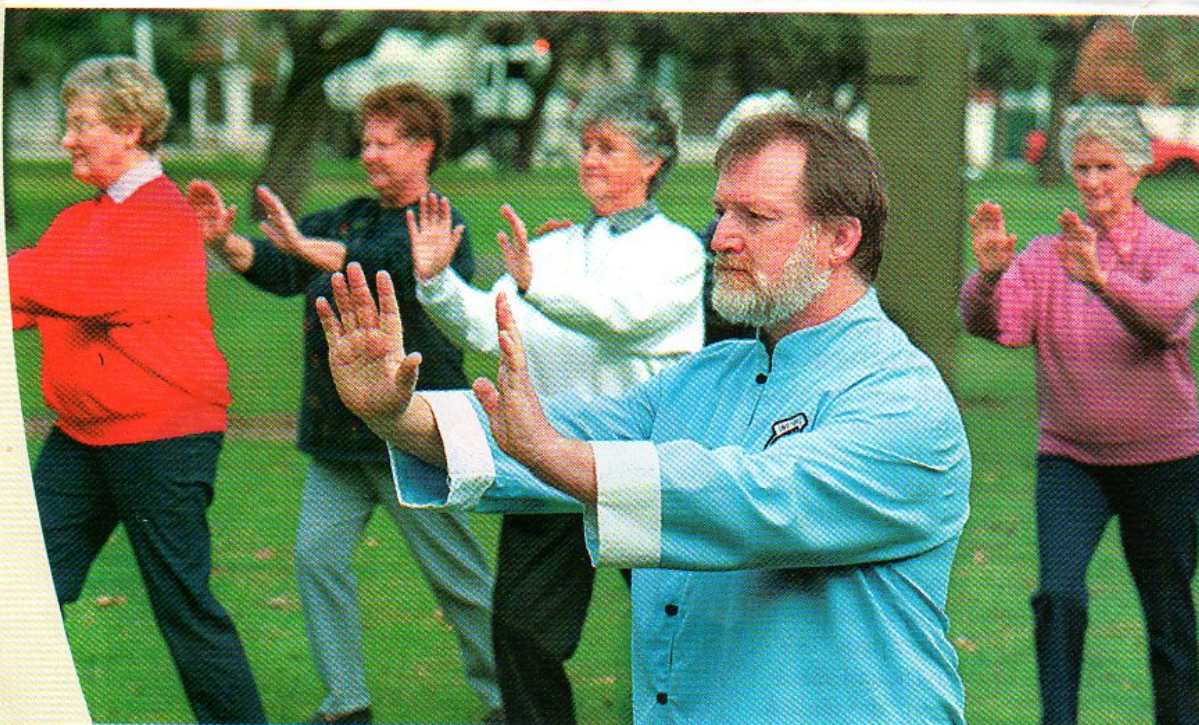
[www.taichi.com.au](http://www.taichi.com.au)

Updated: 10th Oct 2018



# Practising calm

As an alternative to Western medical practices, popular Eastern methods are being embraced to improve physical and mental wellbeing.



## TAI CHI

The prime purpose of Tai Chi is to promote health in a slow, relaxed manner. Director of the Tai Chi and Chi Kung Institute, Master Allan Kelson, says Tai Chi is like karate in slow motion. "There is a great emphasis on posture and balance," he says. Master Kelson says Tai Chi, when practised regularly, enhances the function of the central nervous system, keeps joints flexible and improves the function of internal organs. "Tai Chi is not strenuous on the body and can be performed by young and old," he says. "You don't need special clothing or equipment and it allows people to get outside and enjoy the natural environment."