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# Workshops

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## Barossa Valley

### Saturday 7<sup>th</sup> April 2018



Walking Chi Kung



Meridian Patting

## Angaston

**Zion Lutheran Church Hall,**

85 Murray Street, Angaston  
(opposite the Memorial Park)

- |   |         |
|---|---------|
| 1. Chi Kung – shibashi ( 1 <sup>st</sup> set) – <b>Refinement</b> | 9.30am  |
| 2. Walking Chi Kung & Meridian Patting                            | 12.30pm |
| 3. Tai Chi Non - Contact Appications                              | 3.00pm  |

90 minute workshops

**Bookings at Class or email:** [office@taichi.com.au](mailto:office@taichi.com.au)

Wear soft shoes & comfortable clothing

Conducted by:

**International Master Instructor**

**Allan Kelson**

Dual Gold Medalist & Judge – China

Diploma & Coach – BS Uni China

Vice President – WASM QiGong - China



Dual Gold Medalist  
China



Barossa Valley  
Tai Chi - Chi Kung



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

33 years in Adelaide



China



# Saturday Workshops

## Barossa Valley - Saturday 7<sup>th</sup> April

The Tai Chi & Chi Kung Institute, in conjunction with Barossa Valley Tai Chi are proud to offer the following workshops.

Enjoy a relaxed day in the beautiful Barossa, just an hour North of Adelaide, by joining us for any of our three 90 minute sessions!

### Shibashi 1<sup>st</sup> Set Refinement

**9:30 - 11am**



This workshop is suitable for students from beginner to advanced level. You need to have learned Section 1 of the Shibashi. Attending this workshop will promote a deeper understanding of this set of exercises so you gain more benefit from your practice. Master Allan Kelson, introduced this set to Australia more than 30 years ago and has since promoted it in Europe and Scandinavia. His text book and DVD have been sold in many countries around the world.

During the lunch break you have time to enjoy the cafes of Angaston

### Walking Chi Kung & Meridian Patting

**12:30 - 2pm**



No prior knowledge of Chi Kung is required, just the ability to walk! The walking system of chi kung, developed in China by Mdm Gou, is highly regarded as a system of healing and meditation. The system has a long documented history of success. This workshop also presents Meridian Patting, an easy self-massage technique, which will energize you as it helps you to understand the flow of chi through the acupuncture meridians in the body.

Following this workshop, weather permitting, there will be an opportunity for some outdoor walking practice.

### Tai Chi Non-Contact Applications

**3pm - 4.30**



Participants must know section one of the Tai Chi 24 Forms to participate in this workshop. We all know that Tai Chi is a martial art, but without an opportunity to apply the movement it is difficult to fully appreciate the way in which the movement works. From beginner to advanced students, you will improve your depth and understanding of Tai Chi through this unique, brand-new workshop. Knowing the purpose of the movement makes it very clear why the hands and feet have to be in a certain position.

Barossa Valley & T.C Institute Students			Non-Student	
Workshop Prices	Advanced Booking	At the door	Advanced booking	At the door
For One	\$33	\$44	\$66	\$88
For Two	\$55	\$66	\$110	\$132
For Three	\$77	\$88	\$154	\$176

Location
All workshops located at: <b>Zion Lutheran Church Hall,</b> <b>85 Murray Street, Angaston</b> (opposite the Memorial Park)

Minimum number of students = 10      Maximum number of students per workshop = 25

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