

# Messenger



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14 - The City Messenger, February 16, 2000

20 - Leader, February 2, 2000

16 - Portside, February 2, 2000

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## Enrolments 2000

26 - News Review, February 2, 2000

### Local chi kung instructor known across the world

LAST year, Master Allan Kelson was invited for a second year to teach chi kung in Sweden.

This time, apart from teaching more than 40 doctors and other practitioners at the Swedish Chinese Medicine University, he was invited to give private lessons to famous singer Anni-Frid Lyngstad, also known as Frida, the famous singer from Abba.

Master Allan Kelson, who is an international instructor, represents Australia in China and has been elected as the standing council member of the World Academic Society of Medical Chi Kung.

He was recommended to Frida by his friend Master Marcus Bongart of Sweden, as a world class instructor.

Allan says Frida and her husband enjoyed learning chi kung and found it relaxing and easy to learn under professional instruction.

"Chi, which literally means air or energy, is the essence of traditional chinese medicine," he said.

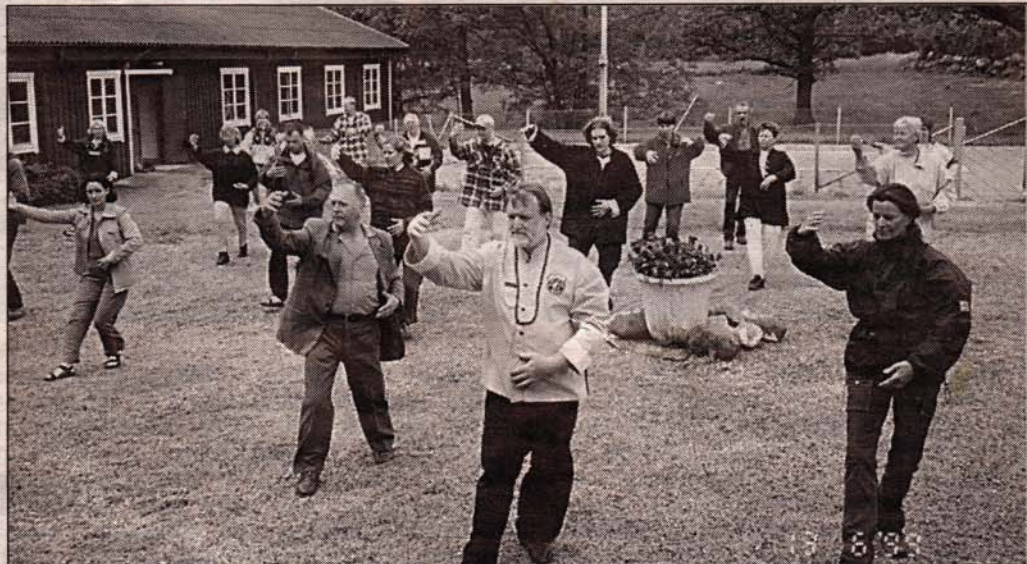
"In acupuncture, Chinese doctors insert needles into acu-points along invisible pathways along which chi is said to flow.

"If chi energy is blocked or stagnant, people can suffer pain, illness and stress.

"Acupuncture and Chinese massage are ways of encouraging the free flow of chi.

"Chi exercise known as chi kung is a self help exercise which also unblocks the chi through simple and easy to learn movements."

Allan, who personally teaches classes of chi kung and official tai chi at North Adelaide, says he is still the only South Australian to be trained and accredited



Master Allan Kelson teaching chi kung to Frida (of Abba fame) and friends in Sweden.

in China. He has studied in two colleges of traditional Chinese medicine and a chi kung hospital in China.

Allan is the chief instructor of the Tai Chi and Chi Kung Institute, and has been teaching chi kung and tai chi in SA for more than 15 years and has trained 10 Adelaide-based instructors.

He was the first person to teach the complete system of "chi kung shibashi" in SA in 1988, and has produced a video, video disc, and text book to complement classes.

"Chi kung is an ideal breathing exercise to reduce stress, improve concentration and increase joint flexibility," he said.

"It has been shown to be of assistance to people of all walks of life.

"You don't need to be in poor health to learn chi kung as many students are

also athletes, health workers and professional people."

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website: [www.chikung.com.au](http://www.chikung.com.au)

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