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education & training

Slow motions, quick results



Master Allan Kelson, Jennifer Bould, Heather Smith, Jamie and Lorraine Clarbull relax with the exercises on the Great Wall of China

NOW more than ever, South Australians are finding health and relaxation benefits through the gentle Chinese exercises of tai chi and chi kung.

Tai chi has been practised in China since the 16th century as a means of keeping fit and improving health.

The movements originated from martial arts but are practised in a slow, relaxed manner, with strong emphasis on posture and balance to reduce stress on the body. Chi kung (qi gong) exercises, sometimes called Chinese yoga, focus on relaxation, being calm and the unity of breath and

mind. Master Allan Kelson, of the Tai Chi and Chi Kung Institute, believes chi kung can help reduce stress and promotes a sense of well-being through calming the mind and deepening the respiration.

Mr Kelson was introduced to tai chi in 1978 after hurting his back playing football. He found the exercises helped and soon developed a desire to improve his skills and pass them on.

This has taken him to China on many occasions, where he has had the opportunity to learn from traditional grand masters.

He and other institute instructors also have earned

accreditations from the Beijing Sports University.

The institute is holding a week of free introductory lessons at Adelaide, Glenelg, Gawler.

Semaphore

Tai Chi & Chi Kung Institute
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