

# Gain stage skills and more Ancient exercise for a new you



Student enjoying a Helen O'Grady class.

Helen O'Grady Children's Drama Academy invites children aged 5-17 years, to be part of its end of year productions in December.

No experience is necessary, just lots of enthusiasm.

The performance night is the highlight of the year for many

students and their families.

In addition to performance skills, students gain valuable communication and confidence skills along the way.

Parents comment on the increased confidence and achievements of their children, at

school and in other settings, as a direct result of the Helen O'Grady program.

New students are welcome to join us for Term 4.

■ For more information and enrolments phone principal Zita Splawinski on 8351 7009.



A Tai Chi & Chi Kung class.

If you're looking for a safe way to exercise and gain health benefits try the Tai Chi & Chi Kung Institute.

For thousands of years the Chinese have used physical exercise with breathing techniques to improve health and wellbeing. One of these techniques, called tai chi - chi kung, is practised by millions of people around the world.

The institute will hold three weeks of free lessons to introduce beginners to tai chi - chi kung relaxation exercises from October 13 at Adelaide, Glenelg and Semaphore. The next seven-week course will start the following week and a special offer of "two people for the price of one" is available for beginners.

■ For a free brochure phone 8371 2488 or visit [www.taichi.com.au](http://www.taichi.com.au).

**Every child is a star at Theatre Bugs!**

**Enrol for Term 4, 2009 and perform in an exciting end of year concert!**

Fun Acting, Dance and Singing classes for kids 6 mths to 18 yrs. Regular performance opportunities.

Classes at Norwood, Unley, Glenelg, Golden

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- Milica Reid

**PHONE NOW FOR A FREE INFORMATION PACKAGE 1800246324**

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**Tai Chi or Chi Kung**

GOOD HEALTH & RELAXATION

**Beginner's Special Offer: 2 for 1**  
(2 people for the price of 1)

**Free Lesson: Tues Oct 13th - 6.15pm**  
**Friday Oct 16th - 9.30am** (BOOKINGS NOT REQUIRED FOR FREE LESSON)

**ADELAIDE**  
Deaf Cando Hall  
262 South Terrace  
(cnr Pulhenny Street)

**Next 7 Week Term**  
Tuesday Oct 20th  
CK 6.15pm - TC 7.30pm  
Friday Chi Kung 9.30am

Glenelg Semaphore Angaston  
Gov't Accredited Instructors - AUST & CHINA  
**Tai Chi & Chi Kung Institute**  
**8371 2488**

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