

太極

Tai Chi

Chi Kung - Qi Gong

氣功

Chinese Yoga ®

Health - Relaxation - Wellbeing



Tai Chi - Chi Kung in Adelaide

Term 4 - 2024

" Have a Try on Week 1 "

Adelaide / Wayville

Latvian Hall

4 Clark Street, Wayville - cnr Rose Tce
(off Green Hill road & near Sir Lewis Cohen Ave)

Tuesday 15th October 2024

Chi Kung - Qi Gong: Relaxation - **6.15pm** (doors open at 6.00pm)

or

Tai Chi: Slow & safe exercise - **7.15pm** (doors open at 7.00pm)



SENIORS CARD
Official Provider
2010 - 2024

NOTE: Wear a Mask if you have a cough
Bookings Essential by email or FB Messenger only:
classes@taichi.com.au

These are Adult Classes only -Wear shoes & comfortable clothing

太極 氣功 十八式



Only ones in SA
Officially
Gov't Accredited
In China - BSU

6 week term for New Beginners
after " Have a Try on week 1 " Lesson"
39 years in Adelaide

www.taichi.com.au

Also at
Nth Adelaide - Fri am
(Starts Fri 18th Oct)



The image shows the exterior of the Latvian Hall, a building with a mix of white brick and dark grey panels. A sign on the left side of the building reads "LATVIAN HALL" and "TĀLAVA" with decorative symbols. The building has a large glass entrance with wooden frames. There are trees and a paved area in the foreground.

LATVIAN HALL
TĀLAVA

The Latvian Hall
4 Clark Street, Wayville