

2013

# ENROLMENTS

a guide to *Education and Career opportunities*

## WORLD TAI CHI AND QIGONG DAY / WEEK. SATURDAY 27TH APRIL AT 10AM WORLDWIDE - 2013, ADELAIDE

### Try Tai Chi – Chi Kung at World event.

World Tai Chi and Qigong Day is now in its 15th year and officially recognized by the

United Nations World Health Organization. It is a special day to educate the community and the world to the wonders of Tai Chi – an ancient Chinese martial art now widely practiced for health, well-being and fitness.

Recent research has shown that Tai Chi is beneficial for cardio-respiratory function, peripheral circulation, immune capacity, mental control, flexibility and balance. It also improves muscle strength and reduces tension and anxiety. Qi Gong is Chinese health exercises, also know as Chi Kung & Chinese Yoga, is more achievable & easier than Tai Chi.

On Saturday, 27th April tens of thousands of enthusiasts all over the world will again celebrate this annual event.

They will assemble in public places, parks, town squares, plazas and stadiums for mass exhibitions of Tai Chi and Qigong.

Beginning in New Zealand and Australia at 10.00 am this event will spread time zone by time zone across the globe through 60 countries and across 6 continents .. This healing wave will be a spectacular visual sight, promoting calm and wellness worldwide.

**World Tai Chi and Qigong Day** will be celebrated in Adelaide at the South Tce Parklands, near Pulteney Street & Himeji Gardens, starting at 10.00am on Saturday 27th April.

Everyone can come & be involved and it is suitable for new beginners & advanced students.

A special week of Free lessons will be conducted by the Tai Chi & Chi Kung Institute from April 23<sup>rd</sup> May 27<sup>th</sup> at Adelaide, Glenelg & Semaphore. Further details ring **8371 2488** or visit The Tai Chi website [www.taichi.com.au](http://www.taichi.com.au)

## Tai Chi

☺ *or Chi Kung*

GOOD HEALTH & RELAXATION

Beginner's Special Offer: 2 for 1

(2 people for the price of 1)





(28 YEARS IN S.A.)

**Free Lesson:** Tues April 23<sup>rd</sup> - 6.30pm  
Friday April 26<sup>th</sup> 9.30am

BOOKINGS NOT REQUIRED  
FOR FREE LESSON

<p><b>ADELAIDE</b> Deaf Cando Hall 262 South Terrace (cnr Pulteney Street)</p>	<p><b>Next 7 Week Term</b> Tuesday April 30<sup>th</sup> CK 6.15pm - TC 7.15pm Friday Chi Kung 9.30am</p>
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Glenelg  
Semaphore  
Barossa

Gov't Accredited Instructors – AUST & CHINA  
**Tai Chi & Chi Kung Institute**  
**8371 2488**

www.taichi.com.au