

Advanced classes starting in Term 1 - 2024

Adelaide - Wayville (Tues pm) & North Adelaide Fri (9.45am)



Textbook - \$25

Da Yan Chi Kung "Wild Goose Chi Kung"

Learn this graceful & meditative set of movements.

It is said to be effective for general health & Cardiovascular, & Central Nervous & Digestive Systems



DVD or usb
Mp4

Filmed in China 1993

Usb - \$25
includes Mp4 video
& chart pdf



Where will you be practicing Tai Chi or Chi Kung this Summer



Instructors **David & Jamie** leading the new Cudgel course which started this term at our Adelaide – Wayville Venue
Returning students from previous years can join in to revise next term.

太極



氣功

39 years in SA

Newsletter & Schedule for Term 1 - 2024

www.taichi.com.au

Adelaide - **WAYVILLE** Tuesday 6th February and
North Adelaide Friday 9th February at 9.45am.

We hope you have enjoyed learning the
Chi Kung relaxation exercises or
the more challenging exercises of **Tai Chi** last term.



Congratulations to all the Advanced Chi Kung students at North Adelaide who completed or revised the **Chi Kung ShiBaShi 2nd Set** in Term 3
Everyone is looking forward to learning the Da Yan – Wild Goose Chi Kung next Term.

Happy Luna New year - 2024



Contact Us The office / phone is not attended in person
(our answering machine is: **outgoing message only facility**)

Best Contact Method please send an email: classes@taichi.com.au
or on Facebook messenger – you can like us on our Institute's Page

Tai Chi & Chi Kung Institute

G.P.O. Box 66, Adelaide, SA, 5001

www.taichi.com.au

Email : classes@taichi.com.au



Courses being offered for current & previous students. (Minimum numbers apply)

Term 1 - 2024

7 week terms

Venue & Instructors	Venue Address	Day	Start Time (45 mins)	Set Taught	Section Taught	Start date Week 1	Last Lesson of Term 1 Week 7
WAYVILLE Adelaide (Tue) Allan AnnMarie, Lorraine Jamie, David	Latvian Hall 4 Clark Street Cnr Rose Tce (off Green Hill Rd)	Tue	6.15pm	Chi Kung (1st set) Blue book	Section 1 2 N/A	6 Feb	19 March'24 (7weeks)
			6.15pm	Chi Kung - Da Yan (Wild Goose CK)	Section 1 Advanced Set		
			7.15pm	Tai Chi (24) (3 Terms) Tai Chi (24) (1Term) Cudgel / Short Stick	Section 1,2 3 Revision Section 2		
			8.10pm	(3 Terms)			
North Adelaide (Fri am) Allan, Heather, Jennifer, Helen	Estonian Hall 200 Jeffcott St (Cnr Childers St)	Fri (am)	9..45am	Chi Kung (1st set) Blue book	Section 1	9th Feb	22 March'24 (7 weeks)
			9..45am	Chi Kung -Da Yan (Wild Goose CK)	Section 1 Advanced Set		

Course Fees for Term 1, 2024 Early Booking Discounts

Please note:

Advance booking discount may not apply in the event of small classes.
Class fees are based on a minimum class size and Hall rental fees.

Enrolments

If vacancies exist

Tai Chi – weeks 1 & 2

Chi Kung Weeks 1 - 3

Full Fee
When enrolling
on week 1 or 2
At the door

Standard	Individual enrollment for 7 week course (includes Advanced & Refinement classes)			\$121 pp
Concession	Concession available for government card holders (pensioner, full-time student, unemployed & "Seniors Card")		"Have a Try on Week 1 " for New Beginners	\$99 pp
Revision or Extra Course	Improve your knowledge by repeating a section which you've already completed. or MULTI-CLASS DISCOUNT (where vacancies exist)		Means only on Week 1 of our 7 week course	\$88 pp
Family / couple Special offer Beginner sets only Sections 1,2 or 3	Family members discount is now offered to help families who live together, & continue together When continuing with your learning in the Beginner Sets (Chi Kung 1 st Set or Tai Chi (24) Set			2 for \$198 = Concession price above
Family / couple Advanced Sets & Refinement	Advanced Sets in : Chi Kung & Tai Chi, Cudgel etc Note: Minimum numbers are required to conduct Advanced classes			2 for \$209

Credit Cards: VISA & Mastercard & Amex only - CC Surcharge = 1.9% at class (by phone 2.1%) – or cash - **NO Cheques**

CLASS NUMBERS: Minimum Number of students required to conduct a class is 10.

(Classes may be combined so as not to cancel classes.)

New Advanced sets taking more than one term to complete minimum number 15 - 20 students required.

Advanced Courses IF UNDER 10 STUDENTS – No Discounts Available – OTHERWISE THE CLASS MAY BE CANCELLED.

The Institute reserves the right to cancel / suspend any class with insufficient numbers to cover costs.

In the event that a class is to be cancelled – every effort will be made to find another class for you,

OR transfer course fees to the next term, by mutual arrangement.

Cancellation by student: If made 1 week or more prior to the course commencement - 60% Refund + Admin fee. Or 50% after week 1

FEES: **NO REFUNDS** After the commencement of the course, unless the Institute cancels the class. **Transfer is possible.**

COURSES: Are **NOT TRANSFERABLE** to another person after the commencement of the term.

MISSED LESSONS: are **NOT TRANSFERABLE** to other terms except by early arrangement by email.

If joining on Week 1 – 3 please check the website: www.taichi.com.au for any changes.

as some classes and times may change due to enrolments:

Advanced planning : Term 2 - 2024: week 1 starts: WAYVILLE & North Adelaide - Tues 30th April & Friday 3rd May 2024

Finishing week : WAYVILLE / Adelaide CBD - Tues 11th June & North Adelaide 14th June 2024

Correspondence by Email or FB Messenger Only (include a phone number) - classes@taichi.com.au

Updated for 8th Feb 2024



DVD – USB - Textbook

Da Yan – Wild Goose Chi Kung

大雁 气功

1st Set

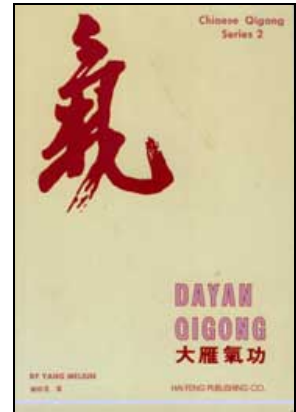


DVD - Demonstration only

DVD - \$16.50



Allan teaching Da Yan in Sweden



official Textbook

Textbook \$25

DVD Combo with Textbook - \$35



Special: USB (mp4) + Chart pdf. Combo Price \$25.00

DVD - Demonstration only.

Filmed outdoors at the Fragrant Hills, Beijing China.1993
during the WASMQ World Chi Kung (Qi Gong) Conference.

Wild Goose Qigong (Da Yan)

大雁 气功 六十四功

by Grand- Master Ms Yang Meijun

(English & Chinese; 73 pages, b&w, illustrated; 14x21cm)

This book contains the first set of 64 Actions of Da Yan, or Wild Goose, Chi Kung –

This set one of the most popular sets in China.

This textbook includes 77 diagrams and detailed explanations of the movements, along with guides for practice and information about the exercises from the Traditional Chinese Medicine perspective.