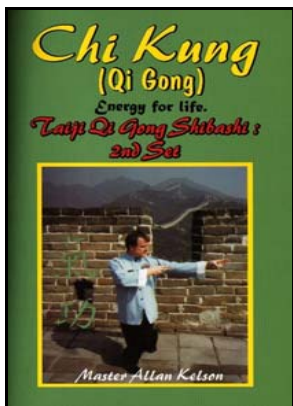


Advanced classes continuing & starting in Term 1 - 2025
Adelaide - Wayville (Tues 6.15pm) & North Adelaide Fri (9.45am)



Official Textbook - \$11

Chi Kung 2nd Set
 for Chi Kung students who have previously learned this set and want to revise or Chi Kung students who have completed the 1st Chi Kung Shibashi set



Chi Kung 2nd Set on the Great Wall of China



DVD or usb mp4 - \$25

Filmed in China 1998
 Usb - \$25
 includes Mp4 video & book pdf



SKF - Shaolin Keep Fit - Adelaide 2024

The current 3 term course of the SKF has just started

Current SKF course started in Term 4 - 2024



DVD / USB filmed in Shaolin, China & Chart are available at the Class Only.



SKF Traditional "Shaolin Keep Fit" exercise system

This set will continue in Term 1 with Section 2

Adelaide / WAYVILLE: Tuesdays at 8.10pm - 3 X 7 week Terms

As we are part way through the set only those who have already learnt this set, can join in to revise.

This is the most well-known set in Shaolin

Fun & Fitness with achievable movements (NON-contact)

NOT suitable for New Beginners: - Adult class only

above pre-requisites are required.

太極



氣功

40 years in SA

Newsletter & Schedule for Term 1 - 2025

www.taichi.com.au

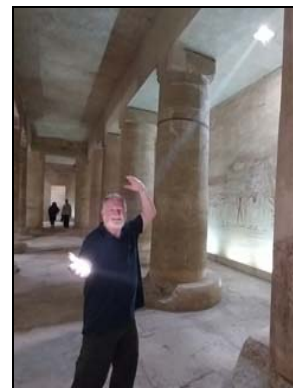
Adelaide - WAYVILLE Tuesday 28th January and
North Adelaide Friday 31st January at 9.45am.

Welcome back to all our returning & also new, Chi Kung & Tai Chi students.

We hope you have enjoyed learning the

Chi Kung relaxation exercises or

the more challenging exercises of **Tai Chi** this term.



Strike a Pose



Chi Kung at Dendera & Abel Simbel Temples in Egypt December 2023

Where will you be practising these holidays? SA? Overseas?

I would love to see a photo Chi Kung or Tai Chi – by email or messenger

Best photo wins a prize

Advanced Booking Discount for next term

Remember to book for term 1 before 29th Nov.

You receive a substantial discount & we can plan our classes.

Chi Kung & Tai Chi - New Beginners in Term 1

Note: Next **New Beginners** course will be offered again in Term 1
at Adelaide 6.15pm & North Adelaide (Chi Kung only at 9.45am)

"Have a Try on Week 1" at: Adelaide / Wayville Tuesday 28th Jan

We already have interest from new students who have been waiting and those who couldn't make it this term.

Contact Us

Best Contact Method please send an email: classes@taichi.com.au

or on **Facebook messenger** – you can like us on our Institute's Page

(Our phone is now Out-going message only)

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)

Book Now for Term 1 - 2025

Venue & Instructors	Venue Address	Day	Start Time (45 mins)	Set Taught	Section Taught	Starting date Week 1	Last Lesson of Term 1 Week 7
WAYVILLE Adelaide (Tue) Allan AnnMarie, Lorraine David , Jamie Assisted by: Leaders: Ann, Mark	Latvian Hall 4 Clark Street Cnr Rose Tce (off Green Hill Rd)	Tue	6.15pm 6.15pm 7.15pm 8.10pm	Chi Kung (1st set) Blue book Chi Kung (2nd set) Green book Tai Chi (24) (3 Terms) Tai Chi (24) (1Term) SKF Shaolin Fitness set (3 Terms) Advanced Set	Section 1,2 Section 1 Advanced Set Section 1,2 3 Rev Section 2 Advanced Set	28h Jan	11th March
North Adelaide (Fri am) Allan, Heather Helen, Jennifer	Estonian Hall 200 Jeffcott St (Cnr Childers St)	Fri (am)	9..45am 9..45am	Chi Kung (1st set) Blue book Chi Kung (2nd set) Green book	Section1 Section 1 Advanced Set	31 Jan	7th March North Adelaide Only Note: 6 week Term only

Course Fees for Term 1, 2025 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.

		Extra Advanced booking Discounts When Paid in Weeks 5 - 7 of Term 4	Advanced booking Discounts When emailed (Include phone) By 14th Jan	Full Fee When enrolling on week 1 or 2 At the door If vacancies are available
Standard	Individual enrollment for 6 / 7 week course (includes Advanced & Refinement classes)	\$88	\$110	\$121 pp
Concession	Concession available for government card holders (pensioner, full-time student, unemployed & "Seniors Card")	\$77	\$88	\$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)	\$66	\$77	\$88 pp
Family / couple Special offer Beginner sets only Sections 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 \$132 = Concession price above	2 for \$165 = Concession price above	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 \$143	2 for \$187	2 for \$210

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 - 2025: week 1 starts: WAYVILLE & North Adelaide - Tues 20th May & Friday 23rd May 2025
Finishing week 7 : WAYVILLE / Adelaide CBD - Tues 1st July & North Adelaide Friday 4th July 2025

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

Updated for 12th Nov 2024

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 large glass doors and windows, and a bench is visible outside. The scene is set outdoors with trees and a clear sky.

LATVIAN HALL
TĀLAVA

The Latvian Hall
4 Clark Street, Wayville

Estonial Hall

200 Jeffcott St - (Cnr Childers St)

North Adelaide

(**Fridays 9.45am**)

