

Beauty

SUNDAY MAIL



TAI CHI & CHI KUNG INSTITUTE

Refresh Body & Mind with Tai Chi & Chi Kung.

Autumn is now here.

If you are looking for help refresh your mind & body and you're looking for a safe way to exercise and gain health benefits, then start the season with a free lesson of Tai Chi or easy Chi Kung exercises with the Tai Chi and Chi Kung Institute, starting April 23 to 27th at Adelaide, Glenelg and Semaphore.

Tai Chi movements, originally based on martial arts, are performed at a slow pace and together with controlled breathing, help ultimately to improve physical and mental relaxation, blood circulation, flexibility & concentration.

These exercises involve virtually no impact on the joints and muscles and use non-strenuous natural body movements. Tai Chi is suitable for all age groups including specially tailored classes for schools & community groups.

Chi Kung exercise are easier the Tai Chi & is more like a Chinese Medicine health exercises or Chinese Yoga.

The classes will be conducted by S.A.'s only Australian & China Government Accredited Coaches, who have been teaching in S.A. for over 28 years.



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