



"Every generation"



Free Tai Chi - Chi Kung Classes
in October - 2010

Tai Chi - Chi Kung

www.taichi.com.au

www.taichiforschools.com.au

8371-2488

Tai Chi - Chi Kung also written Qi Gong, is an easy to follow & learn relaxation exercise.

Tai Chi - Chi Kung can be considered the Grand Parent of Tai Chi and is a lot easier than Tai chi exercises.

It's history dates back over 2000 years in China.

The classes are suitable for all ages High school students to Grandparents can do it together.

Allan Kelson also conducts special classes in schools with his "Tai Chi for Schools" program which incorporates Chi Kung and Tai Chi.

The exercises are done in a standing posture.

No sitting on lying on the floor in these exercise classes.

However for those with leg or back problems can sit on a chair if required.

The **Qi Gong Shibashi** set of Tai Chi -Chi Kung was first introduced to South Australia in 1988 by Master Allan Kelson who learned this set in China.

Allan who is an international instructor, has taught this set & many others around the world.

Contact: Allan Kelson & Instructors
Tai Chi & Chi Kung Institute
Phone: 8371-2488
www.taichi.com.au



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Free Tai Chi - Chi Kung Classes in October - 2010

Tai Chi - Qi Gong . Have a free introductory lesson of easy to learn Tai Chi - Chi kung at the Tai chi & Chi Kung Institute with Gov't accredited instructors.

More details www.taichi.com.au or 8371-2488.



SENIORS CARD

Suburb	Address	Day	Time	Dates _ October
Adelaide	Deaf Cando Hall 262 South Tce (Near Pultney Street)	Tuesday	6.15pm - 7.00pm	12 th , 19 th , 26 th
Semaphore	St Bedes Hall, 200 Military Road Near Semaphore Rd (opp Bus stop 44)	Wednesday	6.15pm - 7.00pm	13 th , 20 th , 27 th
Glenelg	Flambouron Hall 18 Fulton St (off Tapleys Hill Rd, near Anzac Hwy)	Thursday	6.15pm - 7.00pm	14 th , 21 st , 28 th
Adelaide	Deaf Cando Hall 262 South Tce (Near Pultney Street)	Friday (am)	10.30am - 11.15am 9.30am - 10.15am	15 th ----- 22 nd , 29 th

Government Accredited Instructors
at all venues.

NO sitting or lying down & NO mats required!



Bring this **Discount coupon** for when booking into a course
After you have had a Free try!



SENIORS CARD

Welcomed.

bring your card for
33% discount off beginners sets of
Tai Chi or the easier exercise of Chi Kung.

We are **Official participants 2009 – 2011** in
the **Seniors Card program**.
See **page 53** of 2010 booklet.



8371 2488
www.taichi.com.au

or **Chi Kung** (Qi Gong)

*For Good health, Relaxation
Fitness & concentration.*



Beginner's Special Offer:

"2 people for \$99"*

- or -

\$77 for 1 person.

\$66 Concession per person
for Full-time students & Govt.concession cards.

on presentation of this voucher
***Conditions Apply**

Master / Chief Instructor: Mr Allan Kelson.
Government Accredited Instructors.

Morning Class: Adelaide Friday am. & Angaston Thur am
Evening Classes:
Adelaide (South Tce) Glenelg & Semaphore.

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