



# "Every generation"



Free Tai Chi - Chi Kung Classes  
in October - 2010

## Tai Chi - Chi Kung

[www.taichi.com.au](http://www.taichi.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. One of his international students is Frida Lyngstad from the world famous music group **ABBA!**

Contact: Allan Kelson & Instructors  
Tai Chi & Chi Kung Institute  
Phone: 8371-2488  
[www.taichi.com.au](http://www.taichi.com.au)



# "Every generation"



## Free Tai Chi - Chi Kung Classes in October - 2010

Come along and have a free introductory lesson of Tai Chi - Chi kung at the Tai chi & Chi Kung Institute, in conjunction with Cota "Every generation" event in October, 2010

**Bookings are not required.**

### Classes:

You can have a Free lesson in October from 12<sup>th</sup> - 29<sup>th</sup> at 4 different Venues  
Duration Tai Chi - Chi Kung classes are 45 minutes.

Suburb	Address	Day	Time	Dates _ October
Adelaide	<b>Deaf Cando Hall</b> 262 South Tce (Near Pultney Street)	Tuesday	6.15pm - 7.00pm	12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>
Semaphore	<b>St Bedes Hall,</b> 200 Military Road Near Semaphore Rd (opp Bus stop 44)	Wednesday	6.15pm - 7.00pm	13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>
Glenelg	<b>Flambouron Hall</b> 18 Fulton St (off Tapleys Hill Rd, near Anzac Hwy)	Thursday	6.15pm - 7.00pm	14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>
Adelaide	<b>Deaf Cando Hall</b> 262 South Tce (Near Pultney Street)	Friday (am)	10.30am - 11.15am 9.30am - 10.15am	15 <sup>th</sup> 23 <sup>rd</sup> , 30 <sup>th</sup>

**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!

Tai Chi

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.**

**8371 2488**  
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# The City **Messenger**

ADELAIDE'S MIDWEEK NEWS REVIEW

## CELEBRITY



### ABBA's Frida follows our Master Allan into chi kung

FRIDA has dropped the jangly moves that went with the "Ring, Ring" video clip and the loose swaying of "Fernando" for the controlled, choreographed movements of chi kung - taught by Adelaide Master Allan Kelson.

The woman with the strong eye teeth and red hair from Swedish '70s sensation ABBA, took up chi kung (related to tai chi) about a year ago.

Mr Kelson, who runs the Tai Chi and Chi Kung Institute, in Adelaide, was asked



to go to Sweden by a fellow chi kung expert and found himself giving Frida and her husband Prince Russo Reuss private lessons in their home.

Notoriously reclusive, Frida has now asked Mr Kelson to go back to Sweden for another stint of intensive training.

Adelaide's Master Allan Kelson (at left) with former ABBA singer Frida, and (above) Mr Kelson leads Frida and other members of a chi kung session during his visit to Sweden.

Chi Kung and tai chi are a form of slow, choreographed movement, meant to bring health and wellbeing by focusing the "chi" or energy in the body.

They are practised early in the morning by millions of people in China.

Tai Chi has its origins in martial arts and is about 350 years old and chi kung is closer to yoga and goes back 2000 years, Mr Kelson says.

Mr Kelson took up chi kung and tai chi 21 years ago after a football accident injured his back.

He is now a member of the World Academic Society of Qigong (Chi Kung) in China.

- THEA WILLIAMS

Learn Chi Kung - relaxation exercises with Allan Kelson, at the Tai Chi & Chi Kung Institute - Adelaide and suburbs.

**Phone: 8371 2488 [www.chikung.com.au](http://www.chikung.com.au)**

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