

ADVERTISING FEATURE

Enrolments



Lessons in self control

EXERCISE CLASSES | SOPHIE PERRI

GET into the spring season with a free lesson of Tai Chi or easy Chi Kung exercises.

The Tai Chi and Chi Kung Institute will be offering this special from October 12 to 15 in Adelaide, Glenelg, Semaphore and the Barossa.

The Institute states its programs are a safe way to exercise and will help people embrace the new season after hibernating in colder months.

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

These exercises involve virtually no impact on the joints and muscles and use non-strenuous natural body movements, the Institute says.

Chi Kung exercises are easier and more like Chinese Medicine health exercises or Chinese Yoga.

Tai Chi is suitable for all age groups, including specially tail-



RELAX: Master instructor Allan Kelson, from the Tai Chi & Chi Kung Institute, leading Adelaide students.

ored classes for schools and community groups.

Classes will be conducted by SA's only Australian and Chinese Government accredited coaches at the Tai Chi and Chi Kung Insti-

tute, who have been teaching in South Australia for more than 26 years. The next seven-week course for beginners starts from October 19 to 22 with a special offer of "two people for the price of one" avail-

able for beginners to encourage friends and family to learn together.

Further information: taichi.com.au or phone 8371 2488

Learn tennis the fun way

THE David Sanders Tennis Academy is taking enrolments for children aged five to 14 for tennis coaching in Term 4.

David Sanders says tennis is a lifelong sport with many benefits such as building and maintaining fitness, self-esteem, confidence and sportsmanship.

Developing these skills will eventually result in leadership qualities, Mr Sanders says.

Mr Sanders says he believes getting children involved early in sound coaching techniques, combined with games, makes learning tennis enjoyable.

"This is a sure way to keep children interested," he says.

Coaching is held Monday to Friday, from 4pm to 6pm, at the Unley Park Tennis Complex.

A school holidays clinic runs from Tuesday, September 28 to Friday, October 1, from 9am to 11am.

For more information on the David Sanders Tennis Academy, call David on 0402 446 934.

Every child is a star at Theatre Bugs!

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