

太極

Tai Chi

Chi Kung - Qi Gong

氣功

"Chinese Yoga"

Health - Relaxation - wellbeing



Tai Chi - Chi Kung on the Great Wall of China

Term - 1

"Have a Free Try of Chi Kung on week 1"

North Adelaide

Estonian Hall

200 Jeffcott St (Cnr Childers Street)

Starts Friday 8th Feb 2019

Chi Kung - Qi Gong: Relaxation - 9.30am (doors open at 9.15am)

Note: Chi Kung (called Tai chi - Chi Kung) is easier than standard Tai Chi



Bookings Essential: email: office@taichi.com.au

wear shoes & comfortable clothing

太極 氣功 十八式



Only ones in SA
Officially
Gov't Accredited
In China



www.taichi.com.au
35 years in Adelaide

Other Branches

Adelaide CBD - Tue pm
Barossa - Thurs (am)

