

# Tai Chi



# or Chi Kung

GOOD HEALTH & RELAXATION

**Beginner's Special Offer: 2 for 1**  
(2 people for the price of 1)



**Free Lesson: Wed Feb 3rd - 6.30pm**

BOOKINGS NOT REQUIRED FOR FREE LESSON

**SEMAPHORE**

St Bedes Hall  
200 Military Road  
(off Semaphore Road)

**Next 7 Week Term**

Wednesday February 10th  
Chi Kung (Relaxation) 6.15pm  
Tai Chi 7.15pm

Adelaide  
(AM & PM)  
Glenelg

Gov't Accredited Instructors - AUST & CHINA  
**Tai Chi & Chi Kung Institute**  
**8371 2488**

**[www.taichi.com.au](http://www.taichi.com.au)**