

# Advanced class Starting in Term 1 - 2019

Adelaide & North Adelaide



Textbook

## Dao Yin Diabetes & Wellbeing Set

All of our Chi Kung or Tai Chi students may enrol into this course.  
No prerequisites

Conducted over 1 term.

### History

This set was taught for the **1<sup>st</sup> time in Australia** by **Heather** in Term 4 – 2010 at Adelaide am & Glenelg



DVD / or USB mp4 available at class  
Filmed in China



Photo: Dao Yin Diabetes Set at North Adelaide in Term 2 this year.

In term 1/ 2019 this set will be taught for the 1<sup>st</sup> time at our Adelaide CBD pm venue and for the 2<sup>nd</sup> time at North Adelaide.

### Advanced Booking Discount

Remember to for term 1 before week 1  
You get a substantial discount and we can plan our classes.



**Gift Certificates** for family & friends – Now available.  
Order through class, or by email to: [office@taichi.com.au](mailto:office@taichi.com.au)  
Encourage your friends to relax & improve their health, with a **Gift Certificate** from you.  
(at discount rates)

太極



Celebrating 35 years in SA

Newsletter & Schedule for Term 1 - 2019

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

We hope you have enjoyed learning the **Chi Kung** relaxation exercises or the more challenging exercises of **Tai Chi** this term.

During the Summer Term Holiday Break, you will have plenty of time to practice what you have learnt this term. See you in February.

Term 1 ( next 7 week term ) starts at

**Adelaide** Tuesday 5th February and

**North Adelaide** Friday 8th February at 9.30am.



**Congratulation to Lois Brock OAM on reaching the milestone of 95.**

Lois is our oldest student and has been practising Chi kung for over 25 years .

Photo: Lois's fellow students at North Adelaide, Friday mornings, helped celebrate her birthday on week 1.

**Last Term** we have had many new students starting Chi Kung & Tai Chi and returning students learning advanced sets.

**North Adelaide** (am) Chi Kung 2<sup>nd</sup> Set.

**Adelaide:** Tai Chi Sword & Chi Kung 2<sup>nd</sup> Set.

**Welcome to our new students**

**Next New Beginners “ Have a Try on week 1” is Term 1 ( invite family & friends)**

**Adelaide** Tuesday 5<sup>th</sup> Feb - Chi Kung: 6.15pm or Tai Chi 7.15pm

**North Adelaide** Friday 8<sup>th</sup> Feb - Chi Kung: 9.30am

Details are on our website or use this direct link:

[www.taichi.com.au/beginners2019.pdf](http://www.taichi.com.au/beginners2019.pdf)

**Email bookings are essential**

**Contact Us** The office / phone is **Not** attended during this Term Break.

**“Best Contact Method”** send an email: [office@taichi.com.au](mailto:office@taichi.com.au)

# Tai Chi & Chi Kung Institute

G.P.O. Box 66, Adelaide, SA, 5001

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

Email : [office@taichi.com.au](mailto:office@taichi.com.au)



Courses being offered for current & previous students. (Minimum numbers apply)

**Book Now for Term 1 - 2019**

**7 week terms**

Venue & Instructors	Venue Address	Day	Start Time (45 mins)	Set Taught	Section Taught	Starting date Week 1	Last Lesson of Term 1 Week 7
<b>Adelaide</b> (Tue) Allan AnnMarie, Lorraine Jamie, David	<b>Gilles Street Primary School Hall Max Green Hall</b> 123 Gilles St  (off Pulteney St & opposite Stephens St)	<b>Tue</b>	6.15pm	Chi Kung (1st set)	Section 1,2	<b>5th Feb</b>	19th Mar 19
			6.15pm	<b>Dao Yin CK– Diabetes &amp; Wellbeing Set</b>	<b>1 term</b>	“	“
			7.15pm	Tai Chi (24) 3 Terms	Section 1,2,3	“	“
			8.10pm	<b>Sword ( 32 forms) ( over 3 terms)</b>	Section 2	<b>5th Feb</b>	19th Mar 19
<b>North Adelaide</b> (Fri am) Allan, Heather, Jennifer , Helen	<b>Estonian Hall</b> 200 Jeffcott St (Cnr Childers St)	<b>Fri (am)</b>	9. 30am	Chi Kung (1st set)	Section 1,2	<b>8th Feb</b>	22nd Mar 19
			9..30am	<b>Dao Yin CK– Diabetes &amp; Wellness</b>	1 term Set	<b>8th Feb</b>	22nd Mar 19

## Course Fees for Term 1, 2019

**Please note:**

Advance booking discount may not apply in the event of small classes.  
Class fees are based on a minimum class size and Hall rental fees.

		<b>Advanced booking Discounts Mail or email When Paid by 28th Jan 19</b>	<b>Full Fee When enrolling on week 1-3 At the door</b>
<b>Standard</b>	Individual enrollment for 7 week course (includes <b>Advanced &amp; Refinement</b> classes)	\$89	\$110 pp
<b>Concession</b>	Concession available for government card holders (pensioner, full-time student, unemployed + ("Seniors Card" for <b>beginner sets</b> – Ck 1 & 2, TC1 -3)	\$79	\$89 pp
<b>Revision</b> or <b>Extra Course</b>	Improve your knowledge by repeating a section which you've already completed. (where vacancies exist) or <i>Extra Beginner's Course</i>	\$69	\$79 pp
<b>Family / couple Special offer Beginner sets only</b>	Family members discount is now offered to help <b>families who live together, &amp; continue together</b> When continuing with your learning in the Beginner Sets ( <b>Chi Kung 2</b> or <b>Tai Chi 2/3</b> ) include those who booked as "2 for 1" in beginner 1 <b>Revision: beginner sets only ("2 for \$110")</b>	2 for \$139 = Less than Concession price	2 for \$149
<b>Family / couple Advanced Sets &amp; Refinement</b>	<b>Advanced Sets</b> in Chi Kung & Tai Chi (NB: Minimum numbers required)	2 for \$149	2 for \$159

**Credit Cards:** VISA & Mastercard & Amex only - Surcharge = 2%

**NOTE:** "2 for 1" vouchers or 50% off - Beginners section 1 only - *Not valid for Advanced classes.*  
**Other "Book Early Discounts" are available**

**CLASS NUMBERS:** Minimum Number of students required to conduct a class is 10.  
(Classes may be combined so as not to cancel classes.)

**New Advanced sets** taking more than one term to complete minimum number 15 - 20 students required.

**Advanced Courses IF UNDER 10 STUDENTS – No Discounts Available – OTHERWISE THE CLASS MAY BE CANCELLED.**

**The Institute reserves the right to cancel / suspend any class with insufficient numbers to cover costs.**

In the event that a class is to be cancelled – every effort will be made to find another class for you,  
OR transfer course fees to the next term, by mutual arrangement.

**Cancellation by student:** If made 1 week or more prior to the course commencement - 50% Refund + Admin fee.

**FEES: NO REFUNDS** After the commencement of the course, unless the Institute cancels the class. **Transfer is possible.**

**COURSES:** Are **NOT TRANSFERABLE** to another person after the commencement of the term.

**MISSED LESSONS:** are **NOT TRANSFERABLE** to other terms except by early arrangement by email.

If joining on Week 1 – 3 please check the website: [www.taichi.com.au](http://www.taichi.com.au) for any changes.

as some classes and times may change due to enrolments:

Note: Best method of communication is now by Email: [office@taichi.com.au](mailto:office@taichi.com.au)

**Advanced planning : Term 2 - 2019: week 1 starts** Tues 30th April 2019 **Finishing: week 7** Tues 11<sup>th</sup> June

**Correspondence by Email Only - [office@taichi.com.au](mailto:office@taichi.com.au)**

Updated 8<sup>th</sup> Jan 2019

# Dao Yin

Chi Kung (Qi Gong)

道引養生功



三消九治功

# Diabetes Set

San Xiao Jiu Zhi Gong

With

Master Allan Kelson