



CLASS TIMES

Beginners - Term 4, 2010

FREE Introductory Lesson week

Try both Tai Chi & Chi Kung (Qi Gong) at one of the following special ¾ hour class.

"Free lesson Only" - Oct 12-15th

| | | | |
|-----------|--------------|----------|---------|
| Adelaide | Tuesday | Oct 12th | 6:15pm |
| Semaphore | Wednesday | Oct 13th | 6:15pm |
| Glenelg | Thursday | Oct 14th | 6:15pm |
| Adelaide | Friday (a.m) | Oct 15th | 10:30am |

NO sitting or lying down required!

Bookings are not required for free lesson

Chi Kung (Tai Chi-Chi Kung)-Relaxation

(You can join in Weeks 1 - 3 of the term)

7 Week Term - Week 1 Starts: Oct 19 - 22nd

太極 氣功 十八式

| | | | |
|-----------|--------------|----------|--------|
| Adelaide | Tuesday | Oct 19th | 6:15pm |
| Semaphore | Wednesday | Oct 20th | 6:15pm |
| Glenelg | Thursday | Oct 21st | 6:15pm |
| Adelaide | Friday (a.m) | Oct 22th | 9:30am |

Barossa only Email: annmarie@taichi.com.au

No sitting or lying down required
in Chi Kung (Chinese Yoga - Qi Gong).

Ideal for relaxation with easy exercise

TAI CHI - Slow Exercise Classes

(You can join in Weeks 1 - 2 of the term)

7 Week Term - Week 1 Starts: Oct 19 - 21st

| | | | |
|-----------|-----------|----------|--------|
| Adelaide | Tuesday | Oct 19th | 7:15pm |
| Semaphore | Wednesday | Oct 20th | 7:15pm |
| Glenelg | Thursday | Oct 21st | 7:15pm |

Barossa only Email: annmarie@taichi.com.au

Adelaide Friday (a.m) *Chi Kung only* -NoTc-X
Tai Chi is more challenging than Chi Kung.

Check the website for any changes after week 1.

All classes are 45 minutes - Venue/ Address: >>>

Discount Coupon



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.
Evening Classes: Adelaide (South Tce) Tues
Glenelg (Thur) & Semaphore (Wed).

8371 2488
www.taichi.com.au

Class Locations

Evening Class

| | |
|----------------|-------------------------------------|
| Adelaide | Deaf Cando Hall |
| Tuesday p.m. | 262 South Tce (Near Pultney Street) |
| Semaphore | St Bedes Hall, 200 Military Road |
| Wednesday p.m. | Near Semaphore Rd (opp Bus stop 44) |

| | |
|---------------|---------------------------------------|
| Glenelg | Flambouron Hall, 18 Fulton St |
| Thursday p.m. | (off Tapleys Hill Rd, near Anzac Hwy) |

太極 氣功 十八式

Day Class

| | |
|----------------|-------------------------------------|
| Adelaide | Deaf Cando Hall - Chi Kung only |
| Friday 9.30am. | 262 South Tce (Near Pultney Street) |

Barossa only - For details
Email: annmarie@taichi.com.au

Free Lessons -
Bookings are not required. Have a try.

Government Accredited Instructors
at all venues.

Wear loose, comfortable clothing & soft, low heeled or flat shoes (**NO BARE FEET or THONGS ALLOWED IN CLASS**)
Bring some water to drink, especially in summer.
Arrive 5-10 minutes prior to the start of your class.
PLEASE TURN OFF YOUR MOBILE PHONE (or silent mode)

Class Prices

FULL/Standard PRICE for 7 Week Course = \$99
ADVANCE BOOKING PRICE for 1 person = \$77
Seniors Card Welcome **SAVE \$22**

Pay only \$77 (save \$22) when you book in for your 7 week Beginners course of Tai Chi or Chi Kung (Chinese Yoga) at the Free Introductory Lesson.

Or post Cheque or M/o to the Tai Chi & Chi Kung Institute
G.P.O. Box 66 Adelaide S.A. 5001- before your first class.
Include email or stamped envelope for receipt.
(Not in conjunction with any other offers)

Concession Card: Pension & full-time student card.
Receive an extra \$11.00 off, on presentation of card.
(Not in conjunction with "2 for 1" or any other offers)

Tai Chi & Chi Kung Institute - 8371-2488
Mon -Thur (11-4) or leave message on answering machine.

Website: www.taichi.com.au

Free Lesson week -Term 4- 2010 (Oct 12-15th)

Bookings are not required for the free lesson.

Just arrive 10 - 15 minutes prior to the start of the lesson, turn off your mobile phone and relax.

Please wear low-heeled, comfortable shoes (bare feet, thongs & are not allowed in class).

Term 4 - 2010

Booking into the next 7 week Course.Starts Oct 19-22

Bring along the coupon on the left to book in for the next seven week term at the venue of your choice.

Bookings can be made at the Free Lesson,
or in Weeks 1-3 of the course.

Payment: We accept cash, cheque, Visa & Mastercard
(\$3-\$5 Surcharge applies for credit cards).

If You are under current or recent medical supervision for a illness or injury and / or taking prescribed medication please get written permission before attend these classes. Down load the "Doctors Approval form" on the Home page Or click this link: www.taichi.com.au/doctor.pdf

Updated: 23rd August 2010