



CLASS TIMES

Beginners - Term 2, 2010

FREE Introductory Lesson week
Try both **Tai Chi & Chi Kung (Chinese Yoga)** at one of the following special ¾ hour class.

"Free lesson Only" - April 20-24th

Adelaide	Tuesday	April 20th	6:30pm
Semaphore	Wednesday	April 21st	6:30pm
Glenelg	Thursday	April 22 nd	6:30pm
Adelaide	Friday (a.m)	April 23rd	9:30am
Adelaide	Saturday (a.m)	April 24 th	10:00am

Sat (Special)- in the South Park Lands opposite
262 South Tce Near Heimiji Gardens
NO sitting or lying down required!

Chi Kung (Tai Chi-Chi Kung)-Relaxation

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

7 Week Term - Week 1 Starts: Apr 27 - 30th

太極氣功 十八式

Adelaide	Tuesday	April 27th	6:15pm
Semaphore	Wednesday	April 28th	6:15pm
Glenelg	Thursday	April 29th	6:15pm
Adelaide	Friday (a.m)	April 30th	9:30am

Angaston 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: Apr 27 - 30th

Adelaide	Tuesday	April 27th	7:15pm
Semaphore	Wednesday	April 28th	7:15pm
Glenelg	Thursday	April 29th	7:15pm

Angaston 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)

Angaston 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: taichi.com.au

Free Lesson week -Term 2- 2010 (April 20-24th)

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 2 - 2010

Booking into the next 7 week Course.Starts Ap 27-30th

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.

Updated: 1st March 2010