



CLASS TIMES

Beginners - Term 2, 2012

FREE Introductory Lesson week

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

Free lesson Only - April 18+24,26 ,27 & 28

Adelaide	Tuesday	April 24	6:30pm
Semaphore	Wednesday	April 18	6:30pm
Glenelg	Thursday	April 26	6:30pm
Adelaide	Friday (a.m)	April 27	9:30am

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: May 1st - 4th

太極 氣功 十八式

Adelaide	Tuesday	May 1st	6:30pm
Semaphore	Wednesday	May 2 nd	6:15pm
Glenelg	Thursday	May 3rd	6:15pm
Adelaide	Friday (a.m)	May 4th	9:30am

*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: May 1st - 3rd

Adelaide	Tuesday	May 1st	7:30pm
Semaphore	Wednesday	May 2nd	7:15pm
Glenelg	Thursday	May 3rd	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)

World Tai Chi & Qi Gong Day - April 28 @ 10am
at South Tce Parklands – opposite 262 South Tce

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 (Qi Gong) 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 2 - 2012 April 18+ 24,26, 27 & 28th
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 - 2012 Starts the week of May 1st - 4th

Booking into the next 7 week

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: 24th February 2012



Term 2- 2012 Booking Form



太極 氣功 十八式



Advanced booking discounts for **Beginners classes** - pay by April 27th.

ENROLMENT & PAYMENT (PLEASE PRINT)

(Mr/ Mrs/ Ms /Miss) NAME
ADDRESS.....P/C.....
PHONE(H).....PHONE(W).....MOBILE.....
OCCUPATION.....Email.....

Have you learned Tai Chi or Chi Kung before? **Yes / No** Tai Chi Chi Kung

I would like to enrol for

- Adelaide (Tues pm)**-----Chi Kung Tai Chi
- Semaphore (Wed pm)**----- Chi Kung Tai Chi
- Glenelg (Thurs pm)**----- Chi Kung Tai Chi
- Adelaide (Fri 9.30am)**----- Chi Kung
- I will be attending the *Free intro lesson* at** _____

Chi Kung: shibashi (1st set – 2 parts) **Tai Chi** 24 forms (3 parts)

Have you learned **these sets** before? Yes No

- Revise & improve – Discount fee \$66**
- Current Institute Student - Which Venue:** _____
- Previous Institute Student - Which Venue:** _____ **Year** _____
- Other School in SA or interstate? Name:** _____

Term Fee
\$99 – per 7 week term
Advanced Booking
Pay by April 27th = \$77

Discount voucher
 On our website
 For beginners only
 Click here
www.taichi.com.au/DiscountCoupon.pdf

Method of payment

Please do not send cash through the post

(Please complete only one of the boxes)

C.C.S. (Credit Card Surcharge)

add Fee \$3.00 per person per set /part

My payment is enclosed as follows:

- Cheque** **Money Order**
- Made payable to:
Tai Chi & Chi Kung Institute

CHEQUE NO

.....

Total amount \$.....

Institute Students – Pay at Class.

Or please debit my:

- MasterCard Visa

Full name on card.....

CARD NUMBER

□□□□ □□□□ □□□□ □□□□

Expiry date..... /

Cardholder's Signature.....

Term Booking Fee\$..... .00

Plus Credit Card Surcharge \$ 3.00 pp/set

Total Amount.\$..... .00

Post to: Tai Chi & Chi Kung Institute -

Email to: office@taichi.com.au

G.P.O. Box 66, Adelaide S.A. 5001

Phone: (08) 8371 2488 (M, W Th)

Receipts issued at the class venue - or by email.

Or send a self address & Stamped envelope.

Fees are Not refundable after commencement of the course.

Cancellation by participant before term starts - 50% of fee deducted.

In the event if course is cancelled - we will refund 100% of booking.

Numbers for each Course ... Minimum = 12 & Maximum = 30.

No sitting or lying down required in these classes.

Student information sheet ★

www.taichi.com.au/studentinfo.pdf

Colour brochure

www.taichi.com.au/aboutus.pdf