



CLASS TIMES

New Beginners "Have a Try on week 1"

Term 1 - 2021

Tai Chi or Chi Kung (Qi Gong)
Classes - 45 minutes



Chi Kung (Tai Chi-Chi Kung) Relaxation
(You can join in Weeks 1 - 3 of the term)
7 Week Term - Week 1 Starts 2nd & 5th Feb

太極 氣功 十八式

Adelaide Tuesday Feb 2nd 6:15pm
Nth Adelaide Friday (a.m) Feb 5th 9:30am

Email to reserve a place in the class:
Email: office@taichi.com.au

Limited spaces available in Term 1

TAI CHI - Slow Exercise Classes

(You can join in Weeks 1 - 2 of the term)
7 Week Term - Week 1 Starts 2nd Feb

Adelaide Tuesday Feb 2nd 7:15pm

Email to reserve a place in the class:
Limited spaces available
Email: office@taichi.com.au

Tai Chi is more challenging than Chi Kung.

Check the website for any changes after week 1.

All classes are 45 minutes - Venue/ Address: ↗

Class Location

Evening Class

Adelaide Gilles St Primary School Hall
Tuesday p.m. 123 Gilles St (off Pulteney St)

Chi Kung : 6.15pm
Tai Chi: 7.15pm

Day Class

North Adelaide Estonian Hall - **Chi Kung only**
Friday 9.30am. 200 Jeffcott St (Cnr Childers Street)

Term 1 - 2021

New Beginners "Have a Try on week 1"

Email your interest to attend is essential
office@taichi.com.au - Adelaide & Nth Adelaide

Course Bookings:

Book & Pay 15 - 20 minutes before class.

China 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 = \$110
ADVANCE BOOKING PRICE for 1 person = \$88
Seniors Card Welcome = \$69

Pay only \$88 (save \$22) when you book in for your 7 week
Beginners course of Tai Chi or Chi Kung (Chinese Yoga)
When you book at the "Have a Try Class on week 1"

Pay at Class

Cash or
Credit Cards: Visa/Master or Amex+ CcS 2%
(Not in conjunction with any other offers)

Concession Card: Pension & full-time student card.
Receive \$41.00 off full Fee, on presentation of card.
(Not in conjunction with any other offers)

Tai Chi & Chi Kung Institute - 35 years in SA
Email your interested to attend - office@taichi.com.au

Website: www.taichi.com.au

Note: prices are for Beginners Sets only

Discount Coupon - Print



or Chi Kung (Qi Gong)

For Good health, Relaxation
Fitness & concentration.

Discount Coupon
Beginner's Special Offer:

" 2 People for \$132 " *

- or -

\$88 for 1 person = 20% off)

\$69 Concession per person
for Full-time students & Govt.concession cards.
Note: standard fee for 1 person is \$110
on presentation of this voucher

*Conditions Apply
7 week terms - conducted during the State School terms

Master / Chief Instructor: Mr Allan Kelson.
Government Accredited Instructors.

Morning Class: North Adelaide Friday 9.30am. Chi Kung
Evening Classes: Adelaide 123 Gilles St - Tuesday pm
Chi Kung 6.15pm or Tai Chi: 7.15pm

Bookings Email: office@taichi.com.au
www.taichi.com.au

Term 1- at Adelaide CBD & North Adelaide (am)
Bookings: arrive 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 & sandals are not allowed in class).
Courses are usually conducted with min 10 students.
Booking into a 7 week Course.
Bring along the coupon on the left to book in for the next
7 week term at the venue of your choice.
Booking payments to be made at the venue,
(Weeks 1-2 for Tai Chi & 1 - 3 for Chi Kung)of the course.

We accept cash, Visa or Mastercard, Amex only
\$2 % 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 www.taichi.com.au Updated: 25th Aug 2020

SITE ENTRY FORM

This is the minimum standard set of protocols (updated as at 29 May 2020) for site entry that must be followed whenever a service provider, contractor, non-government employee or volunteer enters a South Australian Government site for work related purposes, recreational/ community use or hire.

Your details

Name (first and last)			
Company/Organisation	Tai Chi & Chi Kung Institute - North Adelaide		
Position	Student		
Site location	Estonian - Hall - 200 Jeffcott Street, North Adelaide		
Purpose of visit	Learning Tai Chi & or Chi Kung Exercises		
Date	/ / 2021	Phone No.	

Question		YES	NO
1	Are you a designated essential traveller? If so do you have evidence of such?		
	If the answer is "Yes" do you have evidence of your self-managed self-isolation protocols?		
	<i>If the answer is "No" refer to Q2.</i>		
2	Have you returned to Australia from overseas in the last 14 days?		
	<i>If the answer is "yes" you should be in self-quarantine and will not be permitted on site.</i>		
3	Have you travelled from NSW, ACT or VIC in the last 14 days?		
	<i>If the answer is "yes" you should be in self-quarantine and will not be permitted on site unless you are an essential traveller see 1.</i>		
4	Do you have any symptoms of a cold, flu or virus? e.g. Temperature, fainting, dizziness, shortness of breath?		
	<i>If the answer is "yes" you should seek medical advice and will not be permitted on site.</i>		
5	Have you come into "close contact" with anyone from a "declared area" or who displayed cold, flu or virus symptoms or has been confirmed as having COVID-19 e.g. family, household members, friends?		
	<i>If the answer is "yes" you should seek medical advice and will not be permitted on site.' See Q6 If the answer is "no" go to Q7.</i>		
6	If you answered 'Yes' to Q5, do you have a medical certificate post contact clearing you of a flu or virus?		
	<i>If the answer is "no" you should seek medical advice and will not be permitted on site.</i>		
7	Have you been briefed and do you agree to comply with the practices of good hygiene and social distancing?		
	<i>If the answer is "no" will not be permitted on site unless you read, understand and comply with the requirements noted on the reverse of this document.</i>		

Your name	Signature	Date

STOP THE SPREAD



**Cough or sneeze
into your arm**



Use a tissue



Bin the tissue



Wash your hands

If you have flu-like symptoms seek medical advice, avoid public transport and direct contact with others. If you've been overseas recently, you need to stay at home and monitor your health. Call ahead if going to a doctor.

What is social distancing and why is it important?

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people.

Social distancing is important because COVID-19 is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

So, the more space between you and others, the harder it is for the virus to spread.

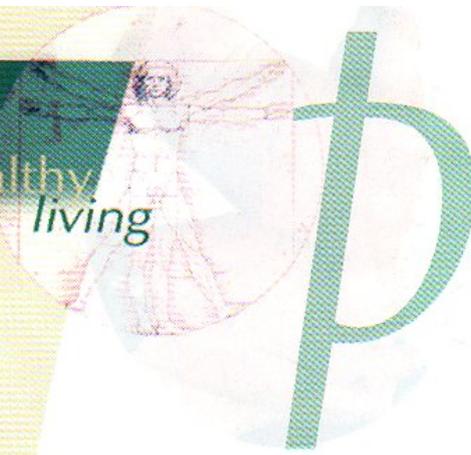
What can I do?

If you are sick, stay away from others – that is the most important thing you can do. You should also practice good hand and sneeze/cough hygiene:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser, and
- if unwell, avoid contact with others (stay more than 1.5 metres from people).

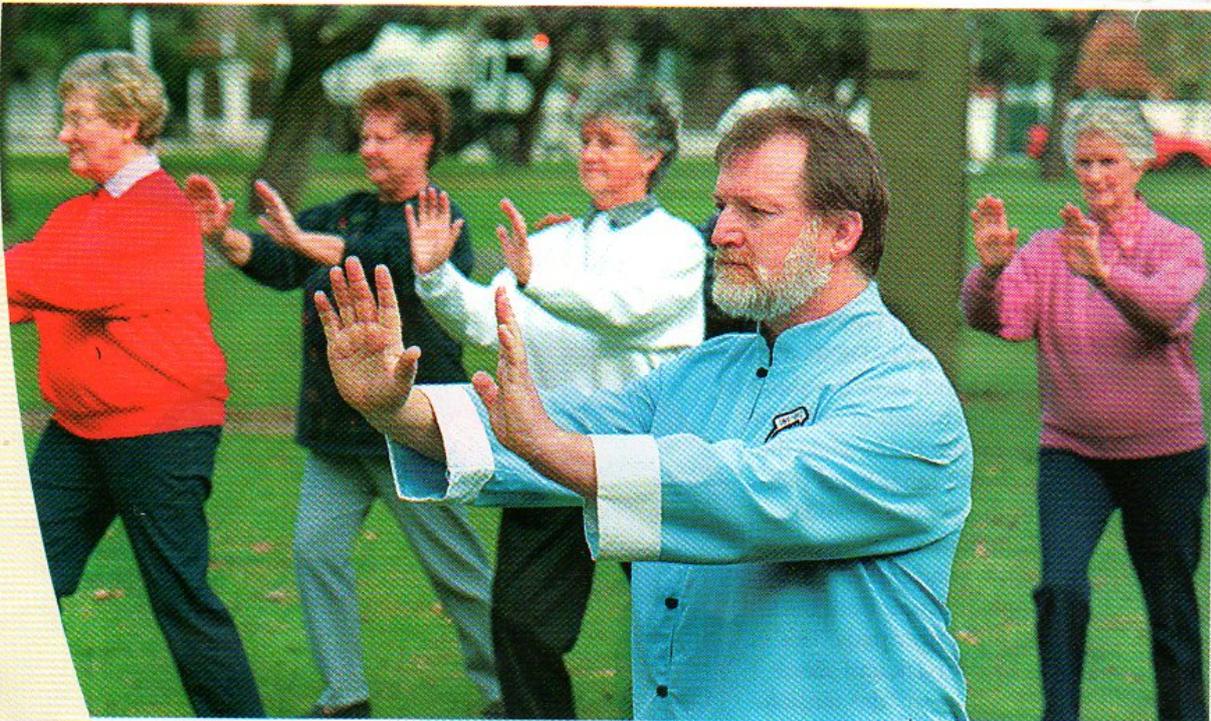
As well as these, you can start a range of social distancing and low cost hygiene actions now.

These simple, common sense actions help reduce risk to you and to others. They will help to slow the spread of disease in the community – and you can use them every day – in your home, workplace, school and while out in public.



Practising calm

As an alternative to Western medical practices, popular Eastern methods are being embraced to improve physical and mental wellbeing.



TAI CHI

The prime purpose of Tai Chi is to promote health in a slow, relaxed manner. Director of the Tai Chi and Chi Kung Institute, Master Allan Kelson, says Tai Chi is like karate in slow motion. "There is a great emphasis on posture and balance," he says. Master Kelson says Tai Chi, when practised regularly, enhances the function of the central nervous system, keeps joints flexible and improves the function of internal organs. "Tai Chi is not strenuous on the body and can be performed by young and old," he says. "You don't need special clothing or equipment and it allows people to get outside and enjoy the natural environment."