

太極

Tai Chi

Chi Kung - Qi Gong

Chinese Yoga ®

Health - Relaxation - Wellbeing

氣功



Tai Chi - Chi Kung in Adelaide

Term 3 - 2024

"Have a Try on Week 1" Adelaide / Wayville

Latvian Hall

4 Clark Street, Wayville - cnr Rose Tce
(off Green Hill road & near Sir Lewis Cohen Ave)

Tuesday 23rd July 2024

Chi Kung - Qi Gong: Relaxation - **6.15pm** (doors open at 6.00pm)

or

Tai Chi: Slow & safe exercise - **7.15pm** (doors open at 7.00pm)

NOTE: Wear a Mask if you have a cough

Bookings Essential by email or FB Messenger only:

classes@taichi.com.au

These are Adult Classes only -Wear shoes & comfortable clothing

太極 氣功 十八式



SENIORS CARD
Official Provider
2010 - 2024

Only ones in SA
Officially
Gov't Accredited
In China -BSU

6 week term for New Beginners
after " Have a Try on week 1"Lesson"
39 years in Adelaide

www.taichi.com.au



Also at
Nth Adelaide - Fri am
(Starts Fri 18th Oct)



The Latvian Hall
4 Clark Street, Wayville

Adelaide - Wayville Venue Tai Chi & Chi Kung on Tuesdays

Chi Kung - 6.15pm or Tai Chi - 7.15pm



Bookings Email: classes@taichi.com.au

www.taichi.com.au

or **Chi Kung** (Qi Gong)

For Good health, Relaxation
Fitness & concentration.

Discount Coupon

Beginner's Special Offer:

" 2 people for \$154 " discount *

for Family / Friends when booking together

- OR -

\$99 for 1 person = 20% off

\$77 Concession per person

for Full-time students & Govt.concession cards.

Note: standard fee for 1 person is \$126

on presentation of this voucher

"6 Week Term" *Conditions Apply

conducted during the State School terms

Master / Chief Instructor: Mr Allan Kelson.

Accredited Instructors. (BSU)

Morning Class: North Adelaide Friday 9.45am Chi Kung

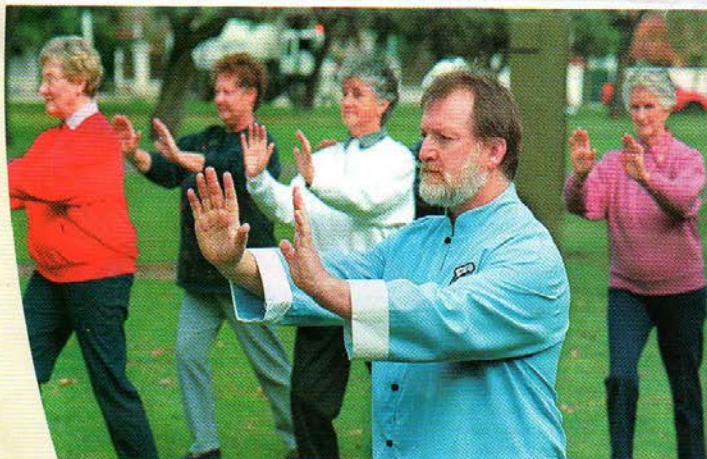
Evening Classes: Adelaide Latvian Hall - 4 Clarke St.
WAYVILLE

Tuesday - Chi Kung 6.15pm or Tai Chi 7.15pm



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."

Distributed by:
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The City Messenger

ADELAIDE'S MIDWEEK NEWS REVIEW

CELEBRITY



ABBA's Frida follows our Master Allan into chi kung

FRIDA has dropped the jangly moves that went with the "Ring, Ring" video clip and the loose swaying of "Fernando" for the controlled, choreographed movements of chi kung - taught by Adelaide Master Allan Kelson.

The woman with the strong eye teeth and red hair from Swedish '70s sensation ABBA, took up chi kung (related to tai chi) about a year ago.

Mr Kelson, who runs the Tai Chi and Chi Kung Institute, in Adelaide, was asked



to go to Sweden by a fellow chi kung expert and found himself giving Frida and her husband Prince Russo Reuss private lessons in their home.

Notoriously reclusive, Frida has now asked Mr Kelson to go back to Sweden for another stint of intensive training.

Adelaide's Master Allan Kelson (at left) with former ABBA singer Frida, and (above) Mr Kelson leads Frida and other members of a chi kung session during his visit to Sweden.

Chi Kung and tai chi are a form of slow, choreographed movement, meant to bring health and wellbeing by focusing the "chi" or energy in the body.

They are practised early in the morning by millions of people in China.

Tai Chi has its origins in martial arts and is about 350 years old and chi kung is closer to yoga and goes back 2000 years, Mr Kelson says.

Mr Kelson took up chi kung and tai chi 21 years ago after a football accident injured his back.

He is now a member of the World Academic Society of Qigong (Chi Kung) in China.

- THEA WILLIAMS

Learn Chi Kung - relaxation exercises with Allan Kelson, at the Tai Chi & Chi Kung Institute - Adelaide and suburbs.

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