

太極

Tai Chi

Chi Kung - Qi Gong

氣功

Chinese Yoga ®

Health - Relaxation - Wellbeing



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)



SENIORS CARD
Official Provider
2010 - 2024

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



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

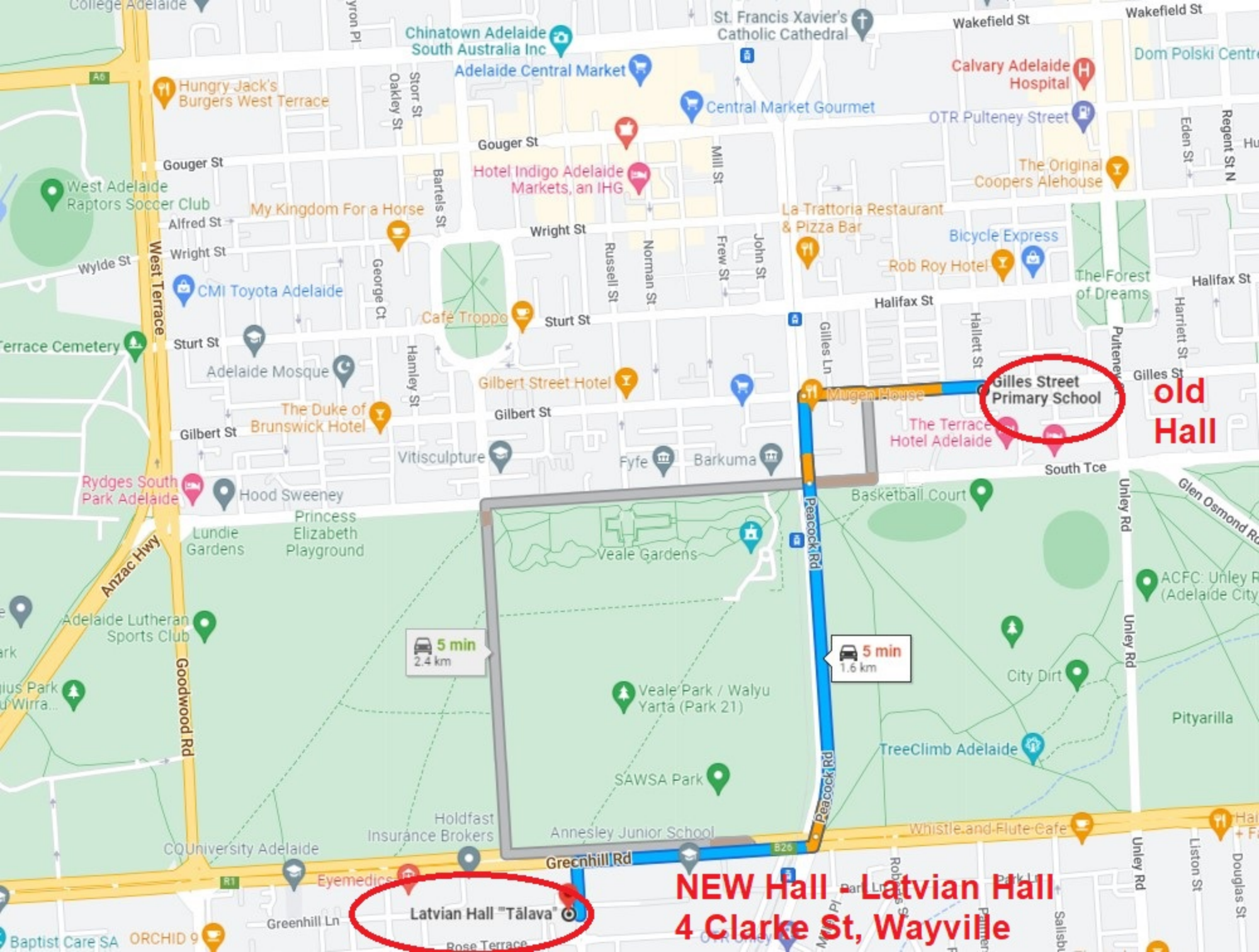
www.taichi.com.au

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





The Latvian Hall
4 Clark Street, Wayville



Gilles Street Primary School

old Hall

NEW Hall - Latvian Hall
4 Clarke St, Wayville

Latvian Hall "Tālava"

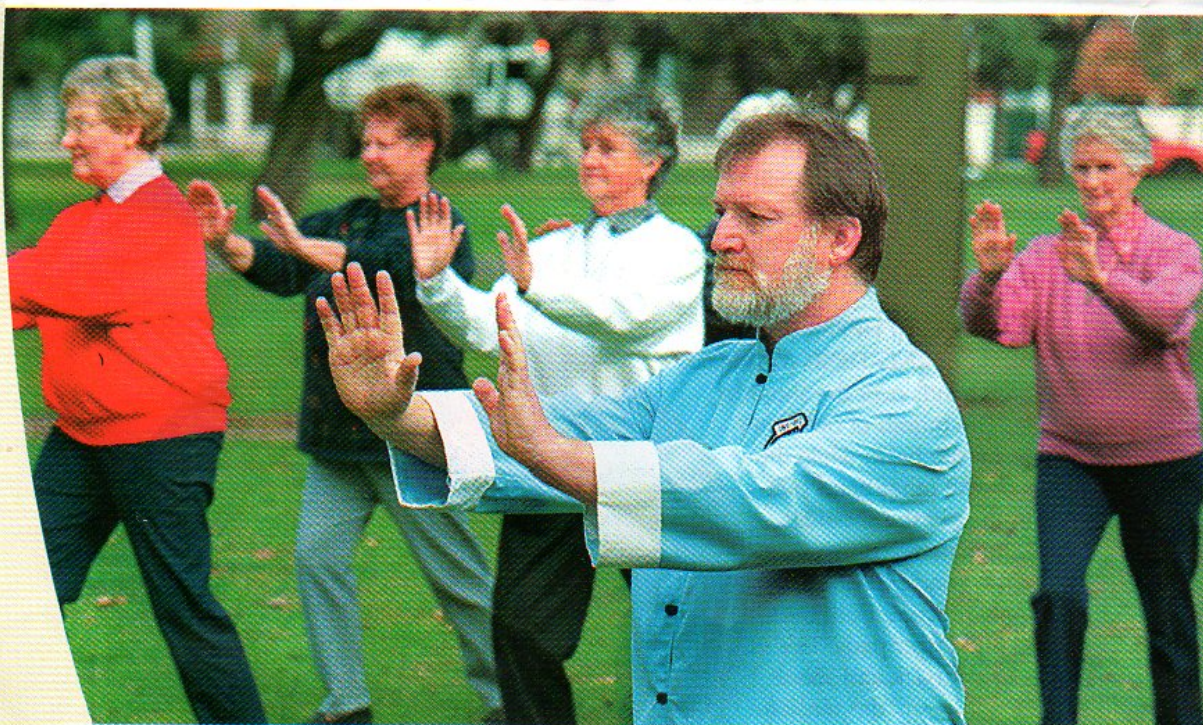
5 min
2.4 km

5 min
1.6 km



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."