

太極

# Tai Chi

## Chi Kung - Qi Gong

氣功

"Chinese Yoga"

Health - Relaxation - wellbeing



Tai Chi - Chi Kung on the Great Wall of China

Term - 2

"Have a Free Try on week 1"

# Adelaide

Gilles St Primary School - Max Green Hall  
123 Gilles St. (Near Pulteney Street)

**Starts Tuesday 2<sup>nd</sup> May 2017**

- Chi Kung** - Qi Gong: Relaxation - 5.15pm ( doors open at 5.10pm )
- Chi Kung** - Qi Gong: Relaxation - 6.15pm ( doors open at 6.00pm )
- Tai Chi:** Slow & safe exercise - 7.15pm ( doors open at 7.00pm )



**Bookings: email:** [office@taichi.com.au](mailto:office@taichi.com.au)

wear shoes & comfortable clothing

太極 氣功 十八式



**Only ones in SA**  
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33 years in Adelaide

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