

太極

# Chi Kung

## Chinese Yoga®

Similar to & Easier than Tai Chi & Yoga  
No sitting or lying down

氣功



Chi Kung in Adelaide

Term 4 - 2026

**"Have a Try of Chi Kung on our week 1"**

(Pre-Bookings by email required)

### North Adelaide

### Estonian Hall

200 Jeffcott St (cnr Childers Street)

**Starts: Friday 16<sup>th</sup> October 2026 at 9.45am**

(doors open at 9.30am)

6 week Term

after "Have a Try on our Week 1" Class

**NOTE:** Don't come to class if you feel unwell.  
Yes you can still wear a mask for indoor classes.

**Bookings Essential by email only:**

[classes@taichi.com.au](mailto:classes@taichi.com.au)

Adult Classes only -Wear shoes & comfortable clothing

太極 氣功 十八式



**SENIORS CARD**  
Welcomed  
Official Provider  
2010 - 2026

Only ones in SA  
Officially  
Gov't Accredited  
In China since 1988



41 years in Adelaide

[www.taichi.com.au](http://www.taichi.com.au)

[www.chikung.com.au](http://www.chikung.com.au)

Other - Night Class  
WAYVILLE - Tue pm  
starts Tues 28th April  
or Tues 13<sup>th</sup> Oct



SENIORS CARD

### Cost & Discount Vouchere below



Bookings Email: [classes@taichi.com.au](mailto:classes@taichi.com.au)

[www.taichi.com.au](http://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

## Estonial Hall

200 Jeffcott St - (Cnr Childers St)  
North Adelaide  
( **Fridays 9.45am** )

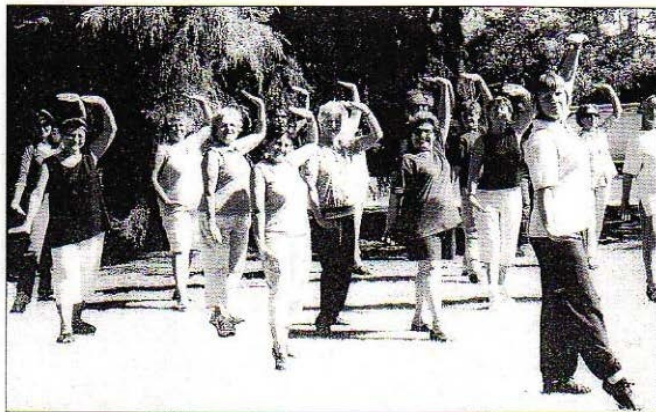


Email: [classes@taichi.com.au](mailto:classes@taichi.com.au)

## GUARDIAN Messenger

WEDNESDAY, APRIL 27, 2005

No. 1816



Senior instructor Heather Smith leading Chinese yoga lessons in the parklands.

### Chinese yoga improves health

FOR thousands of years the Chinese and Indians have used physical exercise and breathing techniques to improve health and wellbeing.

One of these techniques is 'Chinese Yoga' known as Chi Kung in China.

The gentle exercises of Chinese Yoga were first introduced to South Australia in 1988 by the Chi Kung Institute's chief instructor, Master Allan Kelson.

He was the first instructor to gain accreditation in China and

return to Adelaide with these skills.

The sequences of slow, simple movements are easy to learn.

The benefits, according to traditional Chinese medicine, improve the acupuncture meridians, involve virtually no impact on the joints and muscles and use non-strenuous, natural body movements.

Chinese Yoga (Chi Kung) is suitable for all age groups and can help those with arthritis, cancer, chronic fatigue and stiff bodies.

The Chi Kung Institute will hold a week of free introductory lessons of Chinese Yoga and Tai Chi for beginners

For inquiries call the Chi Kung Institute on

[www.chineseyoga.com.au](http://www.chineseyoga.com.au)

## 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](mailto:office@taichi.com.au) [www.chikung.com.au](http://www.chikung.com.au)