



Chinese Yoga

www.chinese-yoga.com.au

8371-2488



Life. Be in it.™

Chinese Yoga called Chi Kung in China is an easy to follow & learn relaxation exercise.

Chinese Yoga can be considered the Grand Parent of Tai Chi and is a lot easier than Tai Chi exercises.

It's history dates back over 2000 years in China.

The classes are suitable for all ages High school students to Grandparents can do it together.

Allan Kelson also conducts special classes in schools with his "Tai Chi for Schools" program which incorporates Chinese Yoga and Tai Chi.

The exercises are done in a standing posture.

No sitting or lying on the floor in these exercise classes.

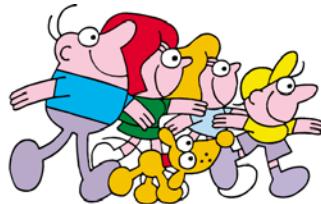
However for those with leg or back problems can sit on a chair if required.

The Chinese Yoga set called **Chi Kung Shibashi** was first introduced to South Australia in 1988 by Master Instructor Allan Kelson who learned this set in China.

Allan is an international instructor and has taught this set & many others around the world including Sweden, Norway & Poland & throughout Australia.

Textbooks & DVD's are sold to practitioners of Tai Chi & Chi Kung around the world & are displayed on the website.

Contact: Allan Kelson & Instructors
Chinese Yoga
Phone: 8371-2488
www.chinese-yoga.com.au



Life. Be in it.TM

“Come N’ Try Chinese Yoga”

Chinese Yoga Classes in October 2008.

Duration Chi Kung classes are 45 minutes.
Government Accredited Instructors at all venues.
NO sitting or lying down & NO mats required!

Bring this Discount coupon for when booking into a course
After you have had a Free try!



Tai Chi

or **Chi Kung** (Chinese Yoga)
For Good health, Relaxation
Fitness & concentration.

**TAI CHI & CHI KUNG
INSTITUTE**

Beginner's Special Offer:
“2 people for \$99”*
- or -
\$77 for 1 person.

\$66 Concession per person
for Full-time students & Govt.concession cards.

on presentation of this voucher
***Conditions Apply**

Chief Instructor: Master Allan Kelson.
Government Accredited Instructors.

Morning Classes: Adelaide (South Tce) - Friday am.
Angaston - Thursday am.
Evening Classes: Adelaide (South Tce)
Glenelg, Gawler & Semaphore.

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