

太極

Chi Kung

Chinese Yoga[®]

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

氣功



Chi Kung on the Great Wall of China

Term 4 - 2025

"Have a Try of Chi Kung on week 1"

(Pre- Bookings by email required)

North Adelaide

Estonian Hall

200 Jeffcott St (cnr Childers Street)

Starts: Friday 17th Oct 2025 at 9.45am

(doors open at 9.30am)

6 week Term

after "Have a Try on 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

Adult Classes only -Wear shoes & comfortable clothing

太極 氣功 十八式



SENIORS CARD

Welcomed

Official Provider
2010 - 2025

Only ones in SA

Officially
Gov't Accredited
In China since 1988



40 years in Adelaide

www.taichi.com.au

www.chikung.com.au

Other - Night Class
WAYVILLE – Tue pm
(starts Tues 14th Oct)



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



Estonian Hall

**200 Jeffcott Street
Cnr Childers St**

Tai Chi & Chi Kung Institute - Class Friday 9.45am