

# Exploring the Depth of Tai Chi for Arthritis Workshop by Dr. Paul Lam, Singapore

## About This Workshop

This has been one of the most popular workshops conducted by Dr Lam around the world over the last twelve years. During this exciting workshop Dr Lam will discuss the deeper meanings of tai chi principles and how to incorporate them into your forms. He will explain the ultimate purpose of tai chi and what Qi (vital life energy) is. We will work on using the Yi (mind) to drive the Qi, and the Qi to drive the Jing (internal force).

Dr Lam will show you how to deliver the Jing and use it to store and regenerate more Qi. Your tai chi will improve significantly as you begin to cultivate stronger Qi. These techniques and knowledge are applicable to all tai chi.

Millions of people around the world have learned Tai Chi for Arthritis; many would like to progress further. This workshop is a great opportunity to enhance your tai chi and gain greater health benefits.

There is infinite depth in the Tai Chi for Arthritis program - discover how much more power and enjoyment you would gain each time you explore and re-explore the depth.

## Who Can Attend?

Anyone who has learned Tai Chi for Arthritis (able to perform from memory) and Part II, both instructors and students can participate and gain the benefits. Anyone who seeks to expand their tai chi knowledge and skills in an interactive and friendly environment. Be sure to learn Tai Chi for Arthritis and Part II either from Dr Lam's certified instructors or instructional DVDs prior to attending the workshop.



## Updates:

At this workshop, Instructors have an opportunity to update their Tai Chi for Health Certifications.

If you would like to update any of the Tai Chi for Health Programs, a fee of S\$50.00 applies to each certification. (TCA will not incur a fee). Prior notice must be given at time of registration as difference documentation is required to be completed and handed in at the workshop.

For Registration:

Please contact Jennifer @9666 3375 for more detail

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