

Tai Chi for Arthritis Instructor Training Workshop by Jennifer Chung Master Trainer

What is Tai Chi for Arthritis (TCA)?

TCA is an effective and safe exercise program based on a form of Tai Chi specially designed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts.

Based on the Sun style Tai Chi, TCA is easy to learn, effective and safe. It improves flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance and integrates the mind and body.

Many Arthritis Foundations have conducted the instructors' courses with great success. And hundreds of thousands of people with arthritis have gained relief from their condition.

This program has been proven by clinical studies to be safe and effective for people with arthritis.

TCA is a program where care and special attention to understanding the complex and varied forms of arthritis has been an essential part of training of the Tai Chi Leader/Instructor. TCA can be carried out almost anywhere and it can be a most suitable and safe form of exercise for most people where special care and an understanding of specific health and mobility conditions of the individual has been an integral feature of the training of the Tai Chi Leader/Instructor.



What will I Learn from the Course?

At the completion of the workshop, you will learn:

- * The 12 movement Sun style Tai Chi
- * How to teach this program effectively and safely
- * How Tai Chi improve health and arthritis
- * Dr. Lam's stepwise progressive teaching method
- * Qigong for Arthritis
- * Essential knowledge about arthritis
- * Understand the essential principles of Tai Chi
- * To improve your level of Tai Chi in a positive, enjoyable and interactive environment.

About arthritis

Arthritis in its many forms is one of the most common chronic conditions in western countries. There is no known cure for most forms of arthritis. Tai Chi has been known in China for centuries to be effective for arthritis management, and is being quickly adopted in western countries as an enjoyable therapeutic method to relieve arthritis pain and stiffness. Clinical studies have shown the Tai Chi for Arthritis program effective and safe for arthritis.

Jennifer conducts regular Tai Chi for Arthritis Instructor Training workshops in Singapore.

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