

Tai Chi for Arthritis Part II & Update Workshop

By Jennifer Chung, Master Trainer

What is Tai Chi for Arthritis II & Update

The Tai Chi for Arthritis Part 2 Update Instructors Workshop is for anyone who has completed the Tai Chi for Arthritis Instructor's workshop by Dr Paul Lam or his authorised master trainers.

Tai Chi for Arthritis Instructors must renew their certification every two years and this workshop allows them to update their certification and also learn the new nine movements. You may attend the Update only but it is recommended that you attend both days to fully benefit from the workshop.

Day One

Update warm up exercises

Revise and explore the internal component the 12 movements

Learn the reverse side of the 12 movements and explore the depth of these movements

Discussion to update knowledge of the program, arthritis and Tai Chi

Update how to improve your class and teaching methods

Update teaching Tai Chi safely

Practice 23 movements



Day Two

Revision of 23 movements (12 movement and the reverse side)

Learn the new 9 movements

How to improve your Tai Chi

Demonstration

What will I Learn from the Course?

- Update skill and knowledge and learn new ones
- Understand Sun Style Tai Chi to a deeper level
- Learn and share new ideas how to run your class better
- Renew your knowledge about Tai Chi and arthritis
- Make new friends and renew old friendships
- Learn the reverse side of the 12 movement
- Update teaching skill

Comments from Past Participants

- "This was a wonderful two days. It has deepened my practice, inspired me and created within me so much enthusiasm to continue on. Thank you." - Dee Hammons, CO, USA.
- "I had no idea what to expect and all was a very pleasant surprise. Very well done." - Julia Windsor, USA.

For Registration:

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