

# Tai Chi for Energy Instructor Training Workshop

## By Dr Paul Lam, Singapore

### Who will Benefits?

Anyone can benefit from coming t this workshop. You can expect to enjoy learning this short but beautiful set of tai chi with two powerful styles. You will be able to develop complexity and stronger Jing (force) from learning this program. You can be certified to teach this program if you have met the requirements.

Reasons to Come:

- \* To learn an excellent tai chi program that will appeal to a wide range of people especially the 30 - 50's.
- \* Be certified to teach (if you met the requirements)
- \* Learn how to teach tai chi effectively
- \* To work with Dr. Lam and his master trainers
- \* To improve your understanding of essential tai chi principles
- \* To enjoy exploring the inner meaning and deeper insights of tai chi

### How Does Tai Chi Work?

At the centre of tai chi is the philosophy which is just as useful to improve health and relaxation to the world today as in ancient times. The tai chi philosophy is the essential principles or the core of tai Chi.



### What is Tai Chi for Energy?

**This new energizing program consists of two different tai chi styles. Chen style tai chi is vigorous and sophisticated, containing fast and slow movements along with powerful spiral force.**

Sun style includes a unique qigong (life energy) along with agile steps. These two seemingly contrasting styles of tai chi have complimentary internal energy. Using his deep understanding of tai chi principles and with over 30 years of experience, Dr. Lam carefully composed the Tai Chi for Energy set by combining both styles to bring you greater synergy. With regular practice and in a relatively short period of time, you will achieve better health and wellness, more internal energy and an improved ability to manage stress.

The program contains warm up and cool down exercises and 16 movements. Tai Chi for Energy is easy to learn yet still retaining the complexity of Chen Style and Qi power of the sun style.

For Registration:

Please contact Jennifer @9666 3375 for more detail

Email: [taichisy@gmail.com](mailto:taichisy@gmail.com), [jennifer@taichi.sg](mailto:jennifer@taichi.sg)

Web Site: <http://taichi.sg>, <http://taichiforhealthinstitute.org>