

Benefits of Attending

- Learn a 12 movement form of meditative exercise that you can do anywhere when you have a few minutes
- Identify how Tai Chi improves health and helps the symptoms of Arthritis.
- Discover a good stress management tool.
- Improve your Tai Chi skill.
- Learn to teach Tai Chi safely.

What Will I Learn in Two Days?

- The 12 movement Sun style Tai Chi.
- Qigong exercises.
- The precautions of Tai Chi exercising.
- How to improve your level of Tai Chi.
- How Tai Chi works to improve health.
- Information about Tai Chi for Arthritis.
- How to safely/effectively teach this program.
- The Stepwise Progressive Teaching method.

Required pre-workshop preparation

Workshop participants are required to study Dr. Lam's *Tai Chi for Arthritis* DVD in order to be familiar with the 21 forms and their movements before attending the workshop. This DVD, the Tai Chi for Arthritis Handbook and the Resource Manual will be mailed to you once your registration is received. Included are a pre-test that you complete and return to your instructor prior to the workshop. Complete directions are in the materials.

Location

*Nova Scotia Community Campus
Waterfront Campus
80 Mawiomi Place
(off Pleasant Street, across from the
Dartmouth General Hospital)
Dartmouth, Nova Scotia B2Y 0A5*

Instructors

Master Trainers:
Sifu Guy Prentice, USA and Linda Arksey, UK

Contact

Make cheques payable to:
Atlantic Tai Chi Association
Mail registration to:
Atlantic Tai Chi Association
111 Ashgrove Ave.
Dartmouth, NS B2V 1G2

Time

9-5 each day with registration
at 8:30am on the 15th

Cost

\$325 - includes DVD, workbook, Teaching Tai Chi Effectively Book, certificate, booklet, morning and afternoon breaks

Early bird registration \$275 if paid by
August 15, 2012
Registration closes **September 1, 2012**

Clothing

Participants should wear loose, comfortable clothes and flat shoes - suitable for exercise.

Tai Chi For Arthritis

Instructor Training Workshop
Level I
September 15-16, 2012

Master Trainers



Sifu Guy Prentice, USA

and

Linda Arksey, UK



Teacher Training Workshop Goal

This workshop will provide information about how to use this gentle, relaxing exercise program for you and how to teach the program to others.

Sifu Guy Prentice

Guy Prentice is a Master Trainer with Dr. Paul Lam's programs. He has practiced martial arts since 1969, began teaching Tai Chi in 1987 and has been teaching senior adults since 1995. He is director of the T'ai Chi Ch'uan Center in NY, USA.

Linda Arksey

Linda Arksey is a Master Trainer with Dr. Paul Lam's programs. Linda is also, a qualified Remedial Massage & Manipulative Therapist, who became initially interested in Tai Chi and Qi Gong in 1984 whilst working with ice skaters in Britain.

Sun Style Tai Chi

Tai Chi for Arthritis, a twelve movement form in the Sun Style, was designed by Dr. Paul Lam and associates. It is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Scientific studies conducted by Seoul National University in 2001 and the Arthritis Foundation of NSW have shown that this program is safe and effective. Thousands of people with arthritis have gained pain relief and better quality of life by learning and practicing every day. This short form is recommended as a starting point for beginners and is also suitable for people with other health problems.

Workshop Objectives

1. Learn the 12 movement form of Sun Style Tai Chi created by Dr. Lam.
2. Discuss the health benefits of Tai Chi for people with Arthritis.
3. Review safe teaching methods and practice guidelines.

Target Audience

- Healthcare professionals (physicians, nurses, PT's chiropractors, exercise physiologists, massage therapists, etc) interested in an effective stress management tool.
- Tai Chi teachers and advanced students.
- Fitness Instructors
- People interested in learning a meditative form of exercise that you can do anywhere when you have a few minutes.

Instructor's Certificate

Certificates of completion will be issued to all participants who complete the workshop. Suitable participants who have fulfilled all the necessary requirements will be certified as an instructor for 2 years.



Registration

Name: _____

Address: _____

PC: _____

Phone: _____ (h)

_____ (w)

E-Mail _____

Payment

Make checks payable to:
Atlantic Tai Chi Association

Mail registration to:

Atlantic Tai Chi Association
111 Ashgrove Ave.
Dartmouth, NS B2V 1G2
902-404-2462
www.atlantictaichi.ca