



Tai Chi for Rehabilitation Workshop

On completion of this successful two day workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. Tai Chi for Rehabilitation is a program designed by Dr Paul Lam in conjunction with a team of medical specialists and Tai Chi Specialists. This short form incorporates elements from Yang, Chen and Sun Styles of Tai Chi. Tai Chi for Rehabilitation is easy to learn, effective and safe. Dr Lam was inspired to create this prequel to Tai Chi for Energy as a gentle introduction to Chen style making the trilogy a complete package for people of any physical ability. This relaxing set can be done lying, sitting or standing and will help develop your knowledge and inner power of Tai Chi.

At the conclusion of the workshop

- Learn how to teach this program safely and effectively.
- Gain knowledge of what Tai Chi is and how it can help people.
- Be able to perform the Tai Chi for Rehabilitation set.

Who is eligible to attend this training?

Suitable participants include; Occupational Therapists, Physiotherapists, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, health professionals Accredited Exercise instructors, Certified Allied Health Assistance and others.

Your Trainer

Brenda Hum is a Master Trainer in Tai Chi for Arthritis, Tai Chi for Osteoporosis and Tai Chi for Rehabilitation. She holds a Bachelor of Education and is a retired schoolteacher. She enjoys teaching and training Students and Health Leaders, She has practiced Tai Chi for Over 35 years and taught Tai Chi for over 30 years and has been a Tai Chi for Health Institute teacher for 10 years, teaching to a diverse range of people including people with Arthritis.

Information

Dates: March 14th & 15th 2020 9.00am to 5.00 pm

Marjorie Black Community Room,
SACOSS Building, 47 King William Rd, Unley.

Cost: Workshop cost \$420 with early bird payment of \$400 by Feb 29th

Deadline March 6th 2020.

A \$50 admin fee may be incurred for cancellations after this date

Update Day: Sunday 15th: \$200 plus \$45 per extra update.



Registration: Tai Chi for Rehabilitation

Name.....

Organisation.....

Suburb..... Post Code.....

Email.....

Registration Includes morning tea and afternoon tea, the TCR DVD, course notes and certificate.

Course fee \$420 with deadline for payment March 6th2020
Early Bird Fee \$400 - payment due by February 29th2020
TCR Update \$200.00 payment due March 6th2020

Dr Paul Lam's teaching Tai Chi Effectively book is compulsory reading before the course. This can be obtained either by ringing Tai Chi Productions on 02 9533 6511 or from Tai Chi Productions website: www.taichiproductions.com.

The e-book is available via the website. The TCR video is also available on Dr Lam's Online lessons: <https://www.onlinetaichilessons.com/>

Payment

Cheques made out to "LEAP SA"
PO Box 180
St Agnes, South Australia 5097

Direct Debit

Please add your name to the transfer and email details to teamleap@outlook.com

BSB: 015 300

Account: 187325306

Enquiries

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