

Tai Chi for Rehabilitation

What is tai chi?

Tai chi originated in ancient China; it improves health and wellness and is practiced throughout the world. There are many forms of tai chi with significant differences to each other. Each form and style has its own special features. Tai Chi for Rehabilitation is designed so that almost anyone can learn it easily.

What is Tai Chi for Rehabilitation?

This program consists of three 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. Yang has graceful and slow movements which promote health.



Tai Chi for Energy has been extremely popular and Dr Lam was inspired to create this prequel 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.

Who will benefit?

Anyone can benefit from coming to this workshop. You will enjoy learning this short but beautiful set of tai chi with three powerful styles. With regular practice, you will gain inner strength, stronger muscles, and stronger Qi relatively quickly. You will be able to develop complexity and stronger Jing (force) from learning this program.



Tai Chi for Rehabilitation is especially useful for physical therapists and those who teach participants with chronic conditions. You can qualify to be certified to teach this program if you meet the requirements.

Reasons to Come

- Learn an relaxing tai chi program that is suitable for a wide
- Learn how to teach tai chi effectively
- Improve your understanding of essential tai chi principles
- Enjoy exploring the inner meaning and gaining deeper insights into tai chi
- Discover the Sun style's inner energy
- Understand the mysterious spiral (Chan suu jing) force

Requirements

Anyone is welcome to attend, but in order to qualify to be certified as an instructor, please check the recommended qualifications listed below.

- Physical therapists or physiotherapists
- Tai chi teachers or advanced students
- Exercise instructors
- Other similar professionals



Clothing

Wear loose comfortable clothes and flat shoes suitable for exercise.

The Creator of the Program

Dr Paul Lam is an Australian family physician and tai chi expert, and a world leader in the field of tai chi for health. He is a well-recognised teacher, and the author of several books on tai chi and best-selling instructional tai chi DVDs. Over five million people worldwide practice a Tai Chi for Health program every day.

Dr Lam is one of the most sought after tai chi teachers, having trained thousands of instructors. Many travel around the world to attend his workshops.



N.B. The name of the authorised Master Trainer who will be conducting this program is listed on the Master Trainer's Workshop Calendar.

Tai Chi for Health Program Updates

At this workshop instructors have an opportunity to update their other Tai Chi for Health certifications.

A written assignment may need to be submitted and a fee will apply. For more information please contact the organiser.

For USA only - Optional Continuing Education Hours Available

***The American College of Sports Medicine's Professional Education
Committee certifies that
"Tai Chi for Health Institute" meets the criteria for official ACSM
Approved Provider status
from 2015 – December 2018. Providership # 701292***

The Tai Chi for Health Institute is approved as a provider of continuing education by the Kansas State Board of Nursing. The course offering is approved for up to 14 contact hours applicable to RN, LPN, or LMHT relicensure. KS State Board of Nursing Provider Number (SP1359-0117).

For Australia only

If you are currently qualified as an Instructor through the National Martial Arts Instructor Accreditation Scheme, you will be qualified as a Tai Chi for Health Instructor upon successful completion of the program. All other persons will be qualified as Leaders of the program.