

# Tai Chi for Diabetes

## What is Tai Chi for Diabetes?

Tai Chi for Diabetes is a tai chi form, especially designed by Dr Paul Lam in conjunction with his tai chi associates and a team of medical experts. Based on Sun and Yang style tai chi, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to improve the management of diabetes.

The program will help to increase flexibility and muscle strength, and increase heart/lung activity, align posture, improve balance and integrate the mind and body.



## Reasons to Come

- Tai Chi for Arthritis instructors will learn a new program incorporating a different tai chi style (Yang) for your existing and new students
- Yang style instructors will learn new perspectives to help improve your tai chi and introduce you to a proven teaching system
- Beginners can learn this for themselves to help improve their health and harmony
- To be a part of the Tai Chi for Health international family



## Requirements

Dr Lam strongly recommends that you study the Tai Chi for Diabetes DVD as it will help you to gain more from the workshop.

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



## By the Completion of the Workshop you will:

- Know the Tai Chi for Diabetes set at a deeper level
- Understand how tai chi improves health and relaxation
- Have learned how to teach this program effectively and safely
- Have improved your tai chi skill and knowledge
- Have learned how to attract and retain more students



## Clothing

Wear loose comfortable clothes and flat shoes suitable for exercise.

## About the Creator of Tai Chi for Diabetes

**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.



**NB: *The name of the Master Trainer authorized by Dr Lam to conduct this workshop is displayed on the workshop location and details page.***

## 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.

## **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 will 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).