

Location

North Woodside Community Centre
230 Pleasant Street, Dartmouth NS

Instructor

Dr. Bob McBrien

Contact

Janice at
(902) 469-3214 or
info@janicewebber.com

Saturday, Sunday

October 16-17, 2010

Time

9-5 each day with registration
at 8:30am on the 16th

Cost

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

Early bird registration \$300 if paid by
September 15th, 2010

Clothing

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

Note: Registration is limited to 20

Benefits of Attending

- Learn a 41 movement form of meditative exercise that you can do anywhere when you have a few minutes.
- Identify how Tai Chi improves your 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?

- Review the previous 12 moves and complete the total 41 movement of the short form of 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.

Tai Chi For Arthritis

Instructor Training Workshop
Level 2

October 16-17, 2010

Master Trainer
Dr. Bob McBrien



Dr. Bob McBrien and Dr. Paul Lam

Brought to you by:

Canadian Tai Chi Association and Tai Chi 4
Health

Conference Goal

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

What is Tai Chi for Arthritis Part 2 and Update?

The Tai Chi for Arthritis Part 2 Update Instructors Workshop is for anyone who has completed the Tai Chi for Arthritis Instructor's workshop by Dr Paul Lam or his authorised master trainers.

Tai Chi for Arthritis Instructors must renew their certification every two years and this workshop allows them to update their certification and also learn the new nine movements. You may attend the Update only but it is recommended that you attend both days to fully benefit from the workshop.

Sun Style Tai Chi

Tai Chi for Arthritis, a 41 one 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. Review and complete all the 41 moves in the short 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.

It is strongly recommended that you view and study Dr. Paul Lam's *Tai Chi for Arthritis Part II* DVD sent to you with your registration in preparation for this advanced workshop.

Prerequisite:

Completion of Tai Chi for Arthritis, Part I

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.

Note: Registration limited to 20



Registration

Name: _____

Address: _____

Zip: _____

Phone: _____ (h)

_____ (w)

E-Mail _____

Payment

Make checks payable to:
Janice Webber Physiotherapy Services Ltd.

Mail registration to:

***A Body In Balance Therapy Centre
33 Ochterloney Street, Suite 210
Dartmouth, NS B2Y 4P5***

***For more information
contact Janice at:***

(902) 469-3214 or info@janicewebber.com