

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 your registration is received. Included are a pre-test that you complete and return to Dr. McBrien prior to the workshop. Complete directions are in the materials.

Location

*North Woodside Community Centre
230 Pleasant Street, Dartmouth NS*

Instructor

Dr. Bob McBrien

Contact

Janice at

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

Friday, Saturday

OCTOBER 15-16, 2010

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 \$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

Tai Chi For Arthritis

Instructor Training Workshop
Level 1

OCTOBER 15-16, 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

Teacher Training Workshop 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.

Dr. Bob McBrien

Dr Bob McBrien was certified by Dr. Lam to teach Tai Chi for Arthritis in 1999 and continues to teach tai chi for health on the Eastern Shore of Maryland and in Southern Delaware, USA. A continuing student of Dr. Lam he is also a certified instructor in the Tai Chi for: Diabetes, Back Pain, Seated and Osteoporosis programs.

Dr. McBrien was certified as a Master Trainer after completing his training in Sydney, Australia.

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.

It is strongly recommended that you view and study Dr. Paul Lam's *Tai Chi for Arthritis* video in preparation for the workshop.

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:
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