

## Reasons to Come

- > Learn how to teach this program.
- > Improve your Tai Chi.
- > Improve your health.
- > Learn how Tai Chi works for health.
- > Learn Dr Lam's teaching methods.
- > Learn how to teach Tai Chi safely.
- > Learn to work with the Arthritis Foundation and other organisations.
- > Network with the international family of Tai Chi for Health programs.

## Dr Paul Lam

Dr Paul Lam took up tai chi 30 years ago to overcome his arthritis. He has benefited so much from tai chi that he wants to share it with more people. Dr Lam enjoys teaching and has trained thousands of Tai Chi for Health instructors. He has been practicing medicine in Sydney for 32 years.

Arthritis foundations around the world recognise and support his efforts in using tai chi for health improvement. Dr Lam has produced instructional DVDs, and written the books "Teaching Tai Chi Effectively" and "Overcoming Arthritis".

## To Be Certified

An application form and questionnaire will be sent to you when you register. It is a requirement that you study the instructional DVD and handbook "Tai Chi for Arthritis" prior to the commencement of the workshop. Dr Lam strongly recommends you purchase and read his book "Teaching Tai Chi Effectively".

All participants will receive a certificate, although only qualified participants who have fulfilled all requirements will be certified to teach this program.

## What is Tai Chi?

Tai Chi originates from ancient China, nowadays it is practiced throughout the world to improve health and wellbeing. Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo, breathing is deepened and slowed, aiding visual and mental concentration. Tai Chi for Arthritis can be practiced almost anywhere and is a suitable form of exercise for just about anyone.

Several studies have shown this program to relieve pain and improve physical ability and wellbeing. Other studies have also shown tai chi to improve fitness, high blood pressure, muscular strength and flexibility. Tai Chi for Arthritis improves balance and reduces the risk of falling.

## Comments

"Dr Lam is a very well trained and highly esteemed family practitioner who has extensive experience in Tai Chi. I believe he has also achieved an international reputation and from my own contact with him, can affirm that his teaching abilities are outstanding. I fully endorse his application to extend his Tai Chi for Arthritis Workshops for Instructors, Physiotherapists and other Exercise Teachers in the USA."

Professor John Edmonds, FRACGP, Professor of Rheumatology, University of NSW, Sydney.

"I find this workshop well designed and comprehensive. The teaching techniques are critically useful. The beauty of this short Sun style set is that people can feel the energy really quickly. They can say, 'Yes there is something for me right now!'"

Professor Vince McCullough  
Head of Physical Education Dept. Saddleback College, CA, USA - Tai Chi teacher for 30 years

# Tai Chi for ARTHRITIS

## Instructors/Leaders Training Workshop By Dr. Paul Lam

Learn to teach this program from its creator,  
and improve your health at the same time.



Supported by the Arthritis  
Foundation of Australia

Guildford, Western Australia

2<sup>nd</sup> - 3<sup>rd</sup> May 2009

# Tai Chi for Arthritis

Tai Chi for Arthritis is a program specially designed by Dr Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on the Sun Style Tai Chi, it is easy to learn, effective and safe. It improves flexibility, muscle strength and integrates the mind and body. Scientific studies have shown this program to significantly relieve pain and improve physical function.

## At the Conclusion of the Workshop

You will:

- > Learn how to teach the program.
- > Gain knowledge of Tai Chi and about arthritis.
- > Be able to perform the 12 movement Tai Chi for Arthritis set.
- > Learn what is tai chi and the features of the program.
- > Learn how the program works for arthritis.

# Who is Eligible?

Anyone with or without Tai Chi experience can participate in this workshop, however only qualified participants will be certified to teach. Suitable participants include:

- > Physical therapists or physiotherapists
- > Tai Chi teachers and advanced students
- > Nurses and rheumatology professionals.
- > Allied health professionals.
- > Exercise instructors
- > Other similar health professionals

# Registration & Enquiries

Jacque Walther  
Telephone: (08) 9294 1546  
Email: jwalther@westnet.com.au

## VENUE

Guildford Town Hall  
Cnr James & Meadow Streets  
Guildford WA 6055

## SCHEDULE

9am - 5pm  
each day



## COST

\$300 if paid before 3rd April 2009  
\$330 if paid after 3rd April 2009

Cost includes the Tai Chi for Arthritis DVD, handbook, certificate and refreshments. Registration Deadline is 2 weeks prior to the workshop. Cancellations and late registration are subject to a \$20 administrative fee. Additional cost for (free postage):

Teaching Tai Chi Effectively book \$19.95: A comprehensive system to help you attract and retain more students and gain more fulfilment from teaching.

Overcoming Arthritis book \$29.95: written by Dr Lam and Judith Horstman, containing 165 photos and information about arthritis and different therapies.

## CLOTHING

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

# Registration

Tai Chi for Arthritis - Instructors Workshop  
2nd - 3rd May 2009

Name: .....

Address: .....

Suburb: ..... Postcode:.....

Telephone: ..... Work:.....

Mobile: ..... Email: .....



# Method of Payment

Course fees: \$.....  
(the DVD and handbook will be sent to you soon after enrolment)

Plus (optional):

Teaching Tai Chi Effectively book (\$19.95) .....

Overcoming Arthritis book (\$29.95) .....

Other products.....

Total \$.....

Cheque or money order for \$: .....

Please make cheque payable to:  
Tai Chi Productions  
6 Fisher Place, Narwee NSW 2209

Or please debit my: VISA / MASTERCARD

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Exp. Date:

Signature: .....

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