



Seated Tai Chi for Arthritis teacher training for TCHI Board Certified TCA or TCAFP teachers by Brenda Hum

This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their mobility and health. It is a useful extension to TCA and TCAFP.

Teachers need to purchase the Seated Tai Chi for Arthritis DVD (\$29.95)

The Teaching Tai Chi Effectively Book (\$21.95) is compulsory.

These products are available through Tai Chi Productions in Sydney.

TCA teachers doing STCA will need to purchase the Seated TCA DVD (29.95)

The TTCE book is also available to download from the website (\$9.99)

Ph (02) 9533 6511 or www.taichiproductions.com.

Information –

Sunday 17/11/2019 - 9.00 am to 5.00 pm

Course Fee - \$200 with early bird payment
of \$190 by Nov 1st.

Venue

Fulham Community Centre

19 Fitch Rd.

Fulham, South Australia 5024

Car Park access from Phelps Court.



Registration

Name.....

Organisation.....

Suburb..... Post Code.....

Email.....

Workshop: Seated Tai Chi for Arthritis for TCA and TCAFP teachers

Sunday November 17th, 2019

Registration Includes morning tea, afternoon tea, notes and certificate.

Payment Methods:

Cheques made out to "LEAP SA"

PO Box 180

St Agnes, South Australia 5097

Direct Debit

Please add your name to the transfer and email details to

teamleapsa@outlook.com

BSB: 015 300

Account: 187325306

Enquiries

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