



Seated Tai Chi for Arthritis and Tai Chi for Arthritis teacher training with 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.

Each new TCA participant is required to purchase the Tai Chi for Arthritis DVD (\$39.95) and the Teaching Tai Chi Effectively Book (\$21.95) These products are available through Tai Chi Productions in Sydney.

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

It is also recommended that new teacher also purchases the Seated Tai Chi for Arthritis 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 –

November Saturday 16th and Sunday 17th - 9.00am to 5.00pm

Course Fee - \$400 with early bird payment of \$385 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 and TCA

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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