



Tai Chi for Osteoporosis Workshop

On completion of this successful two-day workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified Tai Chi classes. Tai Chi for Osteoporosis is a program designed by Dr Paul Lam in conjunction with a team of medical specialists and Tai Chi Specialists. This interesting short form is based on Sun and Yang Styles of Tai Chi.

Tai Chi for Osteoporosis is easy to learn, effective and safe. The program is designed to build muscular strength and stamina, improve balance, posture and biomechanics.

This program will also improve overall health and wellness.

Certification to teach Tai Chi for Osteoporosis, notes, morning and afternoon tea are included in the workshop payment,

Who is eligible to attend this training?

Suitable participants include; Occupational Therapists, Physiotherapists, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, Health Professionals, Accredited Exercise instructors, Certified Allied Health

Master Trainer

Brenda Hum

Pre- workshop requirements

Dr Paul Lam's teaching Tai Chi Effectively book is compulsory reading before the course. You are also expected to work through Dr Lam's Tai Chi for Osteoporosis DVD before the workshop.

- **The book and the DVD can be obtained either by ringing Tai Chi Productions on 02 9533 6511 or from the Tai Chi Productions website: www.taichiproductions.com. The e-book is available via that website.**
- **The DVD is also available via Dr Paul Lam's online lessons,**

When: Sat November 14th and Sun November 15th 2020

Time: 9.00am to 5.00pm

Course fee: \$400

Early Bird Fee: \$370 Payment due by October 30, 2020.

Update day: November 15th cost \$180

Registration deadline: November 6th, 2020

Venue: Marjory Black Community Room

SACOSS Building, 47 King William RD, Unley, SA 5061



Registration

Name.....
Organisation.....
Address.....
Suburb..... Post Code.....
Phone number.....
Email.....

Workshop: Tai Chi for Osteoporosis November 14th & 15th 2020

Please indicate: Full workshop or Update Day.

**Cost - Course fee \$400
Early Bird Fee \$370 Payment due by November 6th, 2020.
Update Day cost \$180
Registration deadline November 6th, 2020**

Cheques made out to "LEAP SA"

PO Box 180

St Agnes, South Australia 5097

Direct Debit

BSB: 015 300

Account: 187325306

**Please add your name to the transfer and email details to
teamleapsa@outlook.com**

Enquiries

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