



Tai Chi for Rehabilitation 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 Rehabilitation is a program designed by Dr Paul Lam in conjunction with a team of medical specialists and Tai Chi Specialists. This short form incorporates elements from Yang, Chen and Sun Styles of Tai Chi. Tai Chi for Rehabilitation is easy to learn, effective and safe. Dr Lam was inspired to create this prequel to Tai Chi for Energy as a gentle introduction to Chen style making the trilogy a complete package for people of any physical ability. This relaxing set can be done lying, sitting or standing and will help develop your knowledge and inner power of tai chi.

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 Assistance etc.

Your Trainer

Brenda Hum is a Master Trainer in Tai Chi for Arthritis, TCA with Falls prevention, Tai Chi for Osteoporosis and Tai Chi for Rehabilitation. She holds a Bachelor of Education and is a retired school teacher.

She enjoys teaching and training Students and Health Leaders. She has practiced Tai Chi for over 35 years, taught Tai Chi for over 30 years and has been a Tai Chi for Health Institute teacher for 10 years, teaching to a diverse range of people including people with Arthritis.

Working with Active Ageing Australia and LEAP SA

When: March 23rd & 24th 2019 9.00am to 5.00pm

Where: Fulham Community Centre (formerly known as Reedbeds Community Centre), 19 Fitch Rd., Fulham, SA 5024 (Car park entrance from Phelps Court)

Workshop cost: \$400 with early bird payment of \$380 due by Friday March 8th.

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Name.....

Organisation.....

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

Email.....

Workshop: Tai Chi for Rehabilitation

Cost - Course fee \$400.

Early Bird Fee \$380 Payment due by March 8th 2019. Registration deadline March 15th 2019

Dr Paul Lam's teaching Tai Chi Effectively book is compulsory reading before the course. This can be obtained either by ringing Tai Chi Productions on 02 9533 6511 or from Tai Chi Productions website: www.taichiproductions.com. The e-book is available via the website.

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 teamleap@outlook.com

Enquiries

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