

Reasons to Come

1. Indulge in tai chi for one week at an exciting beachfront venue.
2. Join Dr Paul Lam and his colleagues for a week of great tai chi, be empowered and have fun.
3. A chance to feature in Dr Lam's documentary!
4. Be a part of tai chi history at the 20th anniversary.
3. Renew friendships and meet new friends from around the world.
4. Work in small groups of similar standard with experienced instructors.
5. Enjoy the interactive friendly environment ideal for developing tai chi.
6. Share positive energy.
7. Celebrate our 20th anniversary with us in a 4 star hotel.
8. Enjoy climbing up the tai chi mountain to fresher air and more beautiful scenery.



From Dr Paul Lam

Year after year, people come from all over the world to enjoy the tai chi spirit and energy. It is a highlight for many, far exceeding their expectations. Our regular attendees can tell you that it is so much more than great tai chi. The camaraderie, the empowerment and fun will last for years. This 20th annual workshop will be all these and more! We are planning to have special entertainment, film a documentary, new courses and an enthusiastic welcome from our team.

I have chosen the Beachfront Novotel Wollongong; right on the beach and fully air conditioned! It is easy to get to from Sydney airport. I would love to see you all there. Placement is limited. Our team has worked very hard to keep the fees down so it is comparable to the last workshop. We have negotiated a special discount rate at this hotel for our participants. The area will be popular during that period so do book the workshop and hotel as soon as possible.

Please contact my office if we can be of any assistance.

The Instructors:

Dr Paul Lam, a family physician focusing on empowering people to improve their health and happiness through Tai Chi for Health.

Ian Etccl, a senior instructor of Dr Lam's international tai chi workshop team with over 30 years of tai chi experience.

Sybil Wong, a senior instructor from Better Health Tai Chi Chuan who enjoys many tai chi styles especially Chen.

Janet Cromb and **Fiona Black**, senior instructors and master trainers of the Tai Chi for Health Institute.

Other experienced instructors include: **John Gough**, **Rani Hughes**, **Dianne McGrath**, **Nuala Perrin**, **Hazel Thompson**, **Marta Venegas** and **Anastasia Yianni**.

About the Workshop

20 years ago, Dr Lam and his colleagues at Better Health Tai Chi Chuan held the first annual workshop here in Sydney. This is where the Tai Chi for Health vision, a number of medical studies, Tai Chi Association of Australia, Tai Chi for Health Communities and many other great things were conceived. Most importantly, it has built a global tai chi community and raised the level of tai chi immeasurably! It has been a life transforming experience for thousands of participants.

Our team of experienced instructors will work with small group of participants with similar levels. You will have the opportunity to make friends and interact with fellow tai chi enthusiasts and Dr Lam. You will be a part of tai chi history!

From Past Participants 2017

Attending this year's workshop was one of the highlights of my life – it was such an amazing experience on so many levels and I am so pleased that I went to it.
Marie-Francoise Hurt, New Zealand

Learning the form, community, food was excellent, networking with everyone. Experience of instructors!
Joanne Fabri, NSW, Australia

I did not get a chance to personally thank you for a wonderful week of 'Tai Chi for Energy' at the Sydney workshop. Never having practiced Chen style before, I was quite looking forward to challenging myself. I was not disappointed!!! We had a lovely group of participants and I really enjoyed developing our understanding of the movements.
Barbara Holgate, Queensland, Australia

Venue

Novotel Northbeach Wollongong
2-14 Cliff Road, North Wollongong, NSW
<http://novotelnorthbeach.com.au/>

Contact Us

Dianne or Hazel: 02 95336511
6 Fisher Place Narwee, NSW 2209, Australia
Email: service@tchi.org
www.tchi.org/workshops

Tai Chi WORKSHOP

20 YEARS OF MAGIC

8-13 January 2018

Presented by Dr Paul Lam

Celebrate with us at this unique and empowering global event. Over the years we have gained much experience and energy which we can't wait to share with you. A milestone not to be missed!



The Classes

Choose one class only.

- * Easy-to-learn, suitable for instructor’s training and/or beginners.
- ** To enhance your skill for participants with approx. one year’s tai chi experience.
- *** To reach new height for an advanced practitioner.
- **** Challenged for an advanced practitioner.

1.

Tai Chi for Arthritis and Fall Prevention Instructor Training Course *

You will learn the Tai Chi for Arthritis programs, Part 1 and 2, and the special module for fall prevention. If you meet the requirements you will be entitled to be certified to teach the program. Supported by the Centers for Disease Control and Prevention (www.cdc.gov) and arthritis organisations worldwide, the programs are proven to reduce pain, prevent falls and improve balance, health and wellness. We welcome beginners to join for better health and wellness.
2.

Tai Chi for Rehabilitation and Tai Chi for Diabetes Instructor Training Course *

You will learn both programs, and will be entitled to be certified to teach if you meet the requirement. Tai Chi for Rehabilitation is a unique combination of Yang, Sun and Chen tai chi styles. It incorporates Dr Lam’s 40 years experience of western and eastern medicine, positive psychology and personal development. This program is not just for rehabilitation but also regeneration. It is a prequel to Tai Chi for Diabetes which is designed to help control and prevent diabetes. Almost anyone can learn these programs relatively quickly. We welcome beginners to join for better health and wellness.

3.

Tai Chi for Energy and Part 2 Instructor Training Course **

NB: It would be an advantage to know the Tai Chi for Energy program

This refreshing and revitalising program synergises the Chen style’s sophisticated spiral force with Sun style’s unique and powerful Qigong. The outcome is greater internal energy and improved ability to manage stress. If you meet the requirements you will be entitled to be certified to teach the program. It is a great introduction to faster and more sophisticated Chen style for younger participants. Beginners are welcome to join for personal development and health.
4.

The 24 Forms **

People of almost any level of physical fitness and age can learn the world’s most popular tai chi set. Based on the Yang style, it is gentle and graceful. Learning this set will give you a solid foundation to expand your skill.
5.

Exploring the Depth of the 24 Forms **

Pre-requisite: Be familiar with the 24 Forms.

Working with essential tai chi principles, we explore the deeper meanings and internal aspects of tai chi to enhance your development.
6.

Sun Style 73 Forms**

Pre-requisite: Know Tai Chi for Arthritis and Part II.

Sun style tai chi contains unique and powerful Qigong ideal for self-growth and healing. It is a relatively easy to learn style and has great depth to be explored for a lifetime.

7.

Exploring the Depth of Sun Style 73 Forms***

Pre-requisite: Know the 73 Forms very well.

Explore the tai chi principles and inner components to improve your internal energy and level of tai chi. There is indefinite depth to tai chi, many have learned and enjoyed this class for many years.
8.

The Combined 42 Forms ***

Containing the essential characteristics and techniques of the Yang, Chen, Wu and Sun styles tai chi, this set is well-balanced and enjoyable. It is an ideal next set after the 24 Forms.
9.

Chen Style 36 Forms ****

Characterized by softness and hardness complementing each other, fastness and slowness intermixed, Chen style is more sophisticated and powered by a mysterious spiral force (chan suu jin). It is an enjoyable and challenging way to improve your depth and expand your tai chi skill.

Evening Activities 6:30 - 8:30 pm

WEDNESDAY:

1.

Update for Tai Chi for Health programs.

You can update any of the Tai Chi for Health programs if you enroll in this session at registration, hand in the assignment/s one month prior to the workshop, have been certified within four years and have fulfilled the remainder of the requirements. NB: \$45 per program, max \$180.

FRIDAY: All Welcome
Enjoy a banquet followed by special awards and entertainment! This is a wonderful conclusion to a week of learning and friendship.

REGISTER ONLINE:
taichiforhealthinstitute.org/workshops/

Registration Form

Ms/Mrs/Mr:

Address:

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Postcode: Country:

E-mail:Phone:

PAYMENT OPTIONS:

1.

Online: www.taichiforhealthinstitute.org/workshops
2.

Credit card: Visa / MasterCard / Amex (please circle one)

3.

Make cheque payable to:
Tai Chi Productions
6 Fisher Place, Narwee NSW 2209
- Expire Date:

4.

Electronic Fund Transfer:
Tai Chi Productions - BSB 062 234 • **Account number** - 10253957

FEES:
(Note: Normal Fees/Concession fees (Pensioners and Students); please enrol early to ensure your chosen class.)
Workshop Package Includes: Course fee (same price as the last two years!), Banquet (Friday), certificate, refreshments, service and lunch for six days.
\$1085/1055 or before 15 August \$995/965

Accommodation and updates are NOT included. No discount on this package as it is the lowest possible.

Cancellation fees: \$50 before Oct 1; \$100 before Dec 1, no refund after. We reserve the right to cancel any course if necessary.

ACCOMMODATION: Please book with hotel (02) 4224 3111, you must mention Dr Lam’s tai chi workshop for the special discount rate. There are many other types of accommodation available in the area.

NOVOTEL WOLLONGONG NORTHBEACH: ROOM ONLY
Residential view room based on single, double or twin share @ \$209.00 per room per night EXCEPT SATURDAY \$259.00 per room per night. Complimentary car park for all delegates

Closing Date 1st December

