

## Reasons to Come

- To learn from Dr Paul Lam in person
- To significantly improve your 24 Forms and/or discover the infinite depth of the Sun style 73 Forms
- To better feel the flow, the qi and beauty of tai chi
- To learn how to use tai chi to improve health and wellness
- To meet and share with other tai chi enthusiasts
- To experience the near magical power of qi and Spiral force, and incorporate them with your tai chi
- To update your Tai Chi for Health certificates

## About Dr Paul Lam

Dr Lam, an Australian family physician and tai chi expert, is a world leader in the field of tai chi for health. He loves teaching and is one of the most sought-after teachers. Dr Lam enjoys sharing his 45 years' experience in tai chi.

Dr Lam has travelled over one million miles teaching tai chi. Many enjoy learning from him so much so that they, in turn, travel thousands of miles year after year to attend his workshops.

Dr Lam is the author of several books on tai chi and best-selling instructional tai chi online lessons and DVDs. His tai chi programs are supported by the Centers for Disease Control and Prevention (CDC.gov), and health departments and arthritis foundations around the world. Millions of people have improved their health and wellness by learning his programs.

**book online at**  
[taichiforhealthinstitute.org/workshops](http://taichiforhealthinstitute.org/workshops)

## The 24 Forms and 73 Forms

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### Payment options:

1 Online: <http://taichiforhealthinstitute.org/workshops/>

2 Credit card: Visa / MasterCard / Amex

Exp. Date

Name on card

3 Cheque to:

Tai Chi Productions - 6 Fisher Place, Narwee NSW 2209

4 Electronic Fund Transfer: Tai Chi Productions

BSB 062-234 Account number 10253957

### Fee:

Plus \$60 per day for a sumptuous lunch (required by hotel)

Enhancing Yang 24 Forms                    AUD \$220  
Early Bird (before 1 May 2021)        AUD \$190

Exploring the Depth of Sun 73 Forms    AUD \$420  
Early Bird (before 1 May 2021)        AUD \$380

Attend both workshops and save \$50: ~~\$640~~ pay only \$590

Or ~~\$570~~ pay only \$520 (before 1 May 2021)

Plus lunch/s: 1 day \$60, 2 days \$120 and 3 days \$180

**Closing date: June 20, 2021**

**Schedule:** 9 a.m. - 5 p.m. daily

**Clothing:** Loose comfortable clothes and flat shoes.

## Mid-year Tai Chi Workshop Taught by Dr Paul Lam in Person



### Come to one or both:

**2 July 2021**

Enhancing the Yang 24 Forms

**3-4 July 2021**

Exploring the Depth of Sun 73 Forms

### Location:

**Novotel**

Northbeach Wollongong  
2-14 Cliff Rd, Nth Wollongong, NSW  
<http://novotelnorthbeach.com.au/>

### Contact

Dianne McGrath on 02 9533 6511  
[workshops@taichiproductions.com](mailto:workshops@taichiproductions.com)

### book online at

[taichiforhealthinstitute.org/workshops](http://taichiforhealthinstitute.org/workshops)  
Early bird discount applies, plus extra discount for enrolling in both workshops