

July 2, 2021 - Enhancing the Yang 24 Forms

Created in 1956 in China, today this is the most popular set containing all the tai chi principles. Dr Lam has worked with its main creator Grand Master Fu and other prominent tai chi experts, he will explain the depth and inner meaning. He will offer feedback, points of improvement and direction to develop your tai chi. Anyone who knows this set can benefit from attending this workshop.

July 3-4, 2021 - Exploring the Depth of 73 Sun style Forms

Dr Lam has worked closely with the creator of the Sun 73 Forms, professor Men Hui Feng for many years. This set has unique qigong (the practice to cultivate internal energy) together with many powerful features. It is exciting and fun going through many layers of depth.

Dr Lam and his colleagues will offer feedback, points of improvement and direction to develop your tai chi. We will explore the tai chi principles and inner components to improve your internal energy and level of tai chi. There is infinite depth to tai chi, many have learned and enjoyed working with Dr Lam on this set for many years.

By the completion of the workshop you will understand the set better, find a clearer path to progress in your tai chi and gain more enjoyment from your practice.

How Will I Benefit from the Workshops?

During the workshop you will have time to share with Dr Lam his 40 years of tai chi experience and his study of Chinese culture relevant to tai chi improvement. You will also have the opportunity to work with his instructor colleagues in small groups.

Over 500 medical studies have shown tai chi improves **IMMUNITY**, relaxation, balance and almost all aspects of health. However studies don't reflect the full extent of benefits tai chi can bring! It will empower you to develop serenity, inner strength, stronger qi and internal power. This can lead to more happiness and fulfilment.

Dr Lam incorporates his medical knowledge and positive psychology to enhance tai chi.

What you learn from working on the 24 and 73 Forms can be applied to other forms of tai chi and qigong. You will also find more ways to enjoy your tai chi.

Who Can Attend?

Anyone who is familiar with the 24 and/or 73 Forms, including instructors and students. You can expect to expand your tai chi skills in this interactive and friendly environment.

Update:

Workshop participants will have the opportunity to update any of their Tai Chi for Health qualifications. Prior notice is essential and a written assignment must be submitted before 10 June 2021. An administration fee applies.

From Dr Paul Lam

At this unprecedented time, I have decided to conduct both classes personally to ensure all safe procedures are observed. Of course I do love teaching, especially these two sets. The Novotel Hotel assures us they will have extra space for social distancing as well as strict measures to minimise risk.

I will have been vaccinated before the workshop, I recommend you to do so if possible.

A number of my instructor colleagues will join me to offer individual time for everyone in small breakout groups.

Feeling Good Naturally

2020 was a tumultuous year, going back to nature will empower us. Tai chi, of course, is based on nature. An integral part of human nature is socialising and learning from each other. What better way than us get together to do tai chi?

Learning

Your mind will benefit from the stimulation and the exhilaration of learning.

See you on the Beach!

Preparation

Study the relevant online lessons or DVD. Please come **scent free** in consideration to those with perfume allergies.

Registered participants are entitled to a 20% discount on Online lessons or DVDs; a code will be sent with your confirmation