

Seated Tai Chi for Arthritis

What is Seated Tai Chi for Arthritis?

This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice tai chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life.



Many people wanted to try tai chi, but mobility issues caused them to hesitate. Dr Paul Lam and his team of medical and tai chi experts designed this program to give them a safe and effective way to learn; it will also provide health benefits and improve almost anyone's quality of life.

Based on the Sun style of tai chi, Seated Tai Chi for Arthritis (Seated TCA) is easy to learn, effective and safe. It improves flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance, and integrates the mind and body.

Qualified participants who successfully complete the course will be accredited by the Tai Chi for Health Institute to teach this program.

Reasons to Come

- Learn how to teach this program effectively and safely
- Discover how tai chi improves health and arthritis
- Learn Dr Lam's Stepwise Progressive Teaching Method
- Gain essential knowledge about arthritis
- Learn about the essential principles of tai chi
- Improve your tai chi in a positive, enjoyable and interactive environment



Requirements

Anyone is welcome to attend, but in order to be certified as an instructor, please check the recommended qualifications listed below.

- Physical therapists or physiotherapists
- Tai chi teachers or advanced students
- Exercise instructors
- Other similar professionals

Participants will receive either an attendance or instructor/leader's certificate.



By the Completion of the Workshop you will:

Know the Tai Chi for Arthritis set at a deeper level
Understand how tai chi improves health and relaxation
Have learned how to teach this program effectively and safely
Have improved your tai chi skill and knowledge
Have learned how to attract and retain more students



Clothing

Wear loose comfortable clothes and flat shoes suitable for exercise.

NB: *The name of the Master Trainer authorized by Dr Lam to conduct this workshop is displayed on the workshop location and details page.*

Tai Chi for Health Program Updates

At this workshop instructors have an opportunity to update their other Tai Chi for Health certifications.

For more information please click [here](#)

For Australia only

If you are currently qualified as an Instructor through the National Martial Arts Instructor Accreditation Scheme, you will be qualified as a Tai Chi for Health Instructor upon successful completion of the program. All other persons will be qualified as Leaders of the program.

Australian Physiotherapy Association

This course is accredited by the Australian Physiotherapy Association. For more details please contact the organiser.

Fitness Australia

This course is accredited by Fitness Australia. For more details please contact the organiser.

For USA only - Optional Continuing Education Hours Available

The Tai Chi for Health Institute is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for contact hours applicable for RN, LPN and LMHT relicensure. Kansas State Board of Nursing provider number SP1246-1213.

The American College of Sports Medicine's Professional Education Committee certifies that the Tai Chi for Health Institute meets the criteria for official ACSM Approved Provider status from 2012-2015. Approved Provider #701292