

Tai Chi 4 Kidz

What is Tai Chi 4 Kidz?

Dr Paul Lam, a family physician in Sydney, Australia, is a world leader in the field of Tai Chi for health improvement. Cheryl Lee Player, a dance and tai chi teacher, has enjoyed teaching children tai chi for many years. They combined their experience and love for children to create this program to bring balance and harmony for children.



Tai chi has an almost magical effect on health improvement. Children love to learn and they learn very fast especially when engaged in a fun activity.

This specially designed tai chi program emphasizes the fun element while developing mind and body. It is designed in several small building blocks to capture children's attention, incorporating imagery and games to add appeal.

We have found that kids really enjoy learning it. Teachers and parents have also found improvement in their children's sport and academic studies after doing tai chi.

"The other aspect of tai chi is the intrinsic reward children get from seeing themselves progress and develop, and it is with themselves rather than in competition with other children."

Professor Shona Bass, Professor of Population Health, Deakin University, Australia

Reasons to Come

- To learn this specially designed program
- To learn to teach this program safely to kids
- To learn how to grow with your children through tai chi
- To make new friends and renew old friendships
- To learn how to set up classes and work with schools
- To improve your teaching skills



Requirements

Anyone is welcome to attend, but in order to be certified as an instructor, please check the recommended qualifications listed below. Also an instructional DVD is provided which should be studied before the course, along with required reading

- Physical therapists or physiotherapists
- Tai chi teachers or advanced students
- Exercise instructors
- School teachers
- 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 4 Kidz 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.

The Instructor

Dr Paul Lam is an Australian family physician and tai chi expert, and a world leader in the field of tai chi for health. He is a well-recognised teacher, and the author of several books on tai chi and best-selling instructional tai chi DVDs. Over five million people worldwide practice a Tai Chi for Health program every day.

Dr Lam is one of the most sought after tai chi teachers, having trained thousands of instructors. Many travel around the world to attend his workshops.



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

Australian Physiotherapy Association

This course is accredited by the Australian Physiotherapy Association. 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