

Tai Chi for Arthritis 2

What is Tai Chi for Arthritis 2?

Dr. Paul Lam and his team of medical and tai chi experts designed the Tai Chi for Arthritis program to be safe and effective for people with arthritis; it also provides health benefits and can improve almost anyone's quality of life.

Millions of people around the world have gained health benefits from the TCA program. Many scientific studies have shown that the TCA program relieves pain, improves quality of life and makes people feel better. Studies also shown the program prevent falls; that is why the [Center of Disease Control and Prevention \(CDC.gov\)](https://www.cdc.gov) recommends it for this purpose. It is supported by many Arthritis Foundations including the USA, Australia and UK.



TCA has twelve moves, and many people told Dr Lam they wanted a longer set to enhance their practice. Dr Lam has carefully selected a further 9 forms to add to the original TCA to create a more exciting set. Containing more sophisticated moves and subtle changes in direction, TCA2 is an ideal tool for beginners looking to expand their repertoire and develop their knowledge of the tai chi principles, and to gain more health benefits.

TCA2 is not an instructor qualifying workshop but Dr Lam strongly recommends everyone to learn this.

Reasons to Come

- Improve your TCA set
- Learn more depth of the tai chi principles
- Develop your tai chi in a positive, enjoyable and interactive environment
- Learn a more exciting and challenging set
- Gain more material to share with your participants
- Opportunity to network with
- Learn more about arthritis



Requirements

Anyone is welcome to attend, but in order to get the most from the workshop participants need to be able to perform the set form memory.

Non-instructors are welcome as this workshop is designed to enhance your knowledge and skills,



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 improved your tai chi skill and knowledge
- All participants will receive an attendance certificate



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](#)

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