

Tai Chi for Osteoporosis

What is Tai Chi for Osteoporosis?

Tai Chi for Osteoporosis was especially designed by Dr Paul Lam in conjunction with his tai chi associates and a team of medical experts. It helps to improve balance and prevent falls. The program will also improve relaxation, fitness and health. Based on Sun and Yang style tai chi, Tai Chi for Osteoporosis is easy to learn, effective and safe.



From the Experts

“Osteoporosis Australia supports the Tai Chi for Osteoporosis program designed by Dr Paul Lam”

Judy Stenmark, CEO, Osteoporosis Australia

“Tai Chi may help people with Osteoporosis to improve their muscular strength, co-ordination and balance”

Professor Marcus Seibel, Endocrinologist, Concord Hospital

“Tai chi is a fabulous exercise for older adults as it fulfills many of the outcomes we wish to achieve”

Professor Shona Bass, Population Health, Deakin University

Reasons to Come

- To work with the creator of Tai Chi for Osteoporosis
- To learn how to teach this program to people with or without Osteoporosis
- To improve your health
- To improve your balance
- To improve your tai chi knowledge
- To make new friends and renew old friendships
- To learn how to set up classes.



Requirements

Dr Lam strongly recommends that you study the Tai Chi for Osteoporosis DVD and study the Teaching Tai Chi Effectively book as it will help you to gain more from the workshop.

Anyone is welcome to attend, but in order to qualify to 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



By the Completion of the Workshop you will:

- Know the Tai Chi for Osteoporosis set at a deeper level
- Understand how tai chi works for Osteoporosis
- Have learned how to teach this program effectively and safely.
- Have learned Dr Lam's Stepwise Progressive Teaching Method



Clothing

Wear loose comfortable clothes and flat shoes suitable for exercise.

Dr Paul Lam

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.

A written assignment may need to be submitted and a fee will apply. For more information 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
"Tai Chi for Health Institute" meets the criteria for official ACSM
Approved Provider status
from 2015 – December 2018. Providership # 701292***