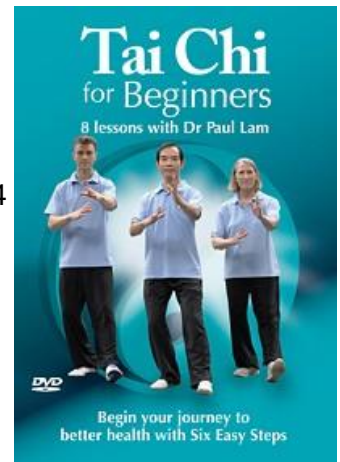


# Tai Chi for Beginners

## What is Tai Chi for Beginners?

**Dr Lam Explains:** Twelve years I worked with my team of tai chi experts to compose a complete student-friendly program for practically all new students. The program has been proven to attract new and retain regular students. The program is based on the most popular Yang style 24 Forms Tai Chi.

Starting with the Step 1 warm up exercise, it progressively builds up to Step 6. The Beginners set gives students an easy to learn format that leads to a solid foundation. The program takes learners on an enjoyable journey to better health and harmony through the power of tai chi.



## Reasons to Come

- To work with Dr Lam's Master Trainers to learn the 6 Easy Steps and the program.
- Tai Chi for Arthritis instructors will learn a new program based on a different tai chi style (Yang) for your existing and new students.
- Yang style instructors will learn new perspectives to help improve your tai chi and introduce you to a proven teaching system.
- Beginners can learn this for themselves to help improve their health and harmony.
- To be a part of the Tai Chi for Health international family.



## Requirements

Dr Lam strongly recommends that you study the Tai Chi for Beginners DVD as it will help you to gain more from the workshop. Anyone is welcome to attend, but in order to be qualified 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



## By Completion you will:

- Know the Tai Chi for Beginners 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.

## About Dr Paul Lam, the creator of Tai Chi for Beginners

**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 will 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 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***

The Tai Chi for Health Institute is approved as a provider of continuing education by the Kansas State Board of Nursing. The course offering is approved for up to 14 contact hours applicable to RN, LPN, or LMHT relicensure. KS State Board of Nursing Provider Number (SP1359-0117).