

Explore the Depth and Magic of 24 FORMS

Anyone who knows the 24 Forms is welcome and will benefit from attending this workshop.

Dr Lam will personally conduct this workshop. He will go beyond the depth and share his 40 plus years of tai chi and medical science knowledge to facilitate your tai chi development and enjoyment. The 24 Forms was created in 1956 in China based on Yang style tai chi and has become the world's most popular set. It contains all the tai chi principles. Dr Lam has extensive experience working with the most respected Chinese experts on this set, including its main creator. He will go through form by form to explain the depth and inner meaning. He will offer feedback, points of improvement and direction to develop your tai chi.

Reasons To Come

- Be the first to attend the Depth and Magic of the 24 Forms personally with Dr Lam
- Enhance your tai chi no matter what style and forms
- Deepen your understanding of tai chi principles
- Truly understand the features of Yang style with its gentle, graceful and expansive movements.
- To learn how to encourage and empower your students or participants
- Enjoy working with many master trainers and participants from varying backgrounds and experience



Plus historical background to enhance insight

Who Will Benefit?

- Anyone from novice to experienced tai chi teachers will benefit from working with Dr Lam. You will learn a clear direction to develop your tai chi, improve health and wellness.
- You will learn the insight and deeper understanding of the 24 Forms and Yang style features. Dr Lam has worked with some of the world's foremost experts in this set and incorporate his 40 plus years of medical knowledge to help you develop your tai chi most effectively.
- The 24 Forms is suitable for almost all ages and abilities, would be a suitable next step for those who have learned one or more of the Tai Chi for Health program.

Preparation

Work with Dr Lam's 24 Forms DVD as much as possible, and you will gain more benefits and enjoyment from this workshop.

Special Discounts

Enroll in both this and the week-long workshop and receive a 15% discount on both, paid participants will receive 20% discount on Dr Lam's DVDs.

Update

This workshop will be, with prior notice, an update for most of Dr Lam's Tai Chi for Health programs. (Written assignment required and admin fee applies.)



From Dr Paul Lam

2017 was the most exciting workshop to date with a record attendance, but my team is confident that we are going to set yet another record. Thank you for your positive feedback for my wonderful team of instructors and Becky and her team's great work! We are having the same great instructor and workshop team, plus new members to bring refreshing ideas.

Tai chi is created based on the law of nature; we are part of nature. It is our nature to socialize and share with others. The tai chi community is an essential part of tai chi development; our workshops are designed to bring the most friendly and effective environment for you to learn and share. Every year people tell me how their tai chi has improved immeasurably and how much happier and more energized they are. We are excited about our 36th annual tai chi workshop and looking forward to seeing you there.

Do come to the pre-conference workshop as well, you will get twice the fun and discount on both workshops.

From Ernie Hall President of Tai Chi for Health Community

Tai Chi for Health Community is honored to co-sponsor Dr. Lam's annual USA workshops, June 2018 marking 16 years. Newcomers are in for a wonderful experience, sharing with other tai chi practitioners who return each summer to join friends practicing and improving skills, and learning new forms from expert instructors in a wide variety of courses. The busy week is filled with inspirational talks, beautiful demonstrations, evening seminars, and fun social activities. Anticipate and plan on something very special in Portland!



The Instructors

Dr Paul Lam is a world leader in the field of tai chi for health improvement. He has been teaching tai chi for more than 40 years and has trained thousands of tai chi instructors. His Tai Chi for Health programs are supported by organizations and government bodies around the world including the Arthritis Foundation, the Centers for Disease Control and Prevention (CDC.gov), and the National Council on Aging (NCOA.org)

Other experienced instructors include Linda Arksey, Mark Coffindaffer, Ralph Dehner, Debra Dunn-Yonke, Linda Ebeling, Ileina Ferrier, Dan Jones, Pat Lawson, Robin Malby, Richard Link, Lorraine Noval, Julie Oberhaus, Bill and Linda Pickett, Nuala Perrin, Becky Rahe, Betty Scanlon, Jim Starshak, Mearl Thompson and Hong Yang.

About the Workshop

Tai chi is one of the greatest tools to empower you and your friends or students to improve health and wellness. 21 years ago, Dr Lam's team held the first annual weeklong tai chi workshop in Sydney, to be followed soon by the USA. Instructors work with small groups using Dr Lam's interactive learner-friendly teaching method. These workshops have facilitated countless participants to develop tai chi most effectively, that is why many travel from around the world to these life-changing workshops every year!

From Past Participants 2017

"I enjoyed the conference in Asheville very much and meeting you. You have assembled an excellent team to help you bring the benefits of Tai Chi to so many people around the world. Thank you for your vision and for making your system of teaching so accessible. My class is already enjoying learning the Tai Chi for Arthritis form." Bonita Kelemen

"Networking, also excellent class with excellent instruction!! Meeting Dr Lam." Jennifer Vernon, Asheville, NC

"Practicing new forms with new friends." Melinda Del Garbino, Shiloh, NC

"Warm and friendship of many people; and the skill and care of all instructors." Robert Pillion, Chugiak, AK

"Well organized and run, brief am talks, demonstrations daily" Donna Campbell, Asheville, NC

"Practice of form & guidance from Master Trainers. Making new friends and meeting old ones." Michael Hein, Auburn, AL

"Interacting with others, exploring additional forms and nuances, going deeper." Jocelyn Simpson, Ackworth, GA

"Positive affirming attitude of all Master Trainers. They demonstrate Dr Lam's attitude and philosophy." Mary Ann Browning, Peachtree City, GA

About Us

Dr Lam's workshop team is passionate about sharing tai chi in the most positive and interactive way. We will do anything we can to facilitate a fun and rewarding time for all participants in the workshops.

Contact Us

Craig, Becky or Ernie
service@drlamtaichiworkshops.com
844-823-7526

www.tchi.org

The 36th Annual

Tai Chi WORKSHOP

Portland, Oregon USA. June 2018

Presented by Dr Paul Lam with TCHC

Pre-conference

Explore the Depth & Magic of 24 Forms - June 2-3rd
Learn personally from Dr Lam, one of the most authentic sources

Week - long June 4th - 9th

Learn or enhance your tai chi in an interactive and positive setting. Enjoy the great classes, fun activities and the camaraderie from tai chi enthusiasts around the world!



The Classes

- Choose one class only.
- * Easy-to-learn, suitable for instructor’s training and/or beginners.
 - ** To enhance your skill for participants with approx. one year’s tai chi experience.
 - *** To reach new height for an advanced practitioner.
 - **** To be challenged for an advanced practitioner.

1. Tai Chi for Arthritis and Fall Prevention Instructor Training Course *
- Beginners without prior tai chi experience are welcome to join for better health and wellness. You will learn the Tai Chi for Arthritis program, Part 1 and 2, and the special module for fall prevention. You will be be entitled to be certified to teach if you meet the requirement. Supported by the Centers for Disease Control and Prevention (CDC.gov), National Council on Aging (NCOA.org) and arthritis organisations worldwide, the programs are proven to reduce pain, prevent falls and improve balance, health and wellness.
2. Tai Chi for Rehabilitation and Diabetes Instructor Training Course *
- You will learn both programs, and will be entitled to be certified to teach if you meet the requirement. Tai Chi for Rehabilitation is a unique combination of Yang, Sun and Chen tai chi styles. It incorporates Dr Lam’s 40 years experience of western and eastern medicine, positive psychology and personal development. This program is not just for rehabilitation but also regeneration. It is a prequel to Tai Chi for Diabetes which is designed to help control and prevent diabetes. Almost anyone can learn these programs relatively quickly. We welcome beginners to join for better health and wellness.

3. Tai Chi for Energy & Part 2 Instructor Training Course **
- This refreshing and revitalising program synergises the Chen style’s sophisticated spiral force with Sun style’s unique and powerful Qigong. The outcome is greater internal energy and improved ability to manage stress. If you meet the requirements you will be entitled to be certified to teach the programs. It is a great introduction to faster and more sophisticated Chen style for younger participants. Beginners are welcome to join for personal development and health.

4. The 24 Forms **
- People of almost any level of physical fitness and age can learn the world’s most popular tai chi set. Based on the Yang style, it is gentle and graceful. Learning this set will give you a solid foundation to expand your skill.

5. Exploring the Depth of the 24 Forms **
- Pre-requisite: Be familiar with the 24 Forms.
- Working with essential tai chi principles, we explore the deeper meanings and internal aspects of tai chi to enhance your progress.
6. Yang Style 40 Forms ***
- A well constructed set based on the classical Yang style 108 Forms, a suitable set after the 24 Forms. Graceful and open-framed, Yang is the most popular Tai Chi style.
7. The Combined 42 Forms ***
- Containing the characteristics of Yang, Chen, Wu and Sun styles, it is well-balanced, complex and enjoyable. It is also a suitable next set after the 24 or the 40 Forms.
8. Introduction to Sun Style 73 Forms **
- Pre-requisite: Know Tai Chi for Arthritis and Part II.
- Sun style tai chi contains unique and powerful Qigong ideal for self-growth and healing. It is a relatively easy to learn style and has great depth to be explored for a lifetime.
9. Enhancing Sun Style 73 Forms **
- Pre-requisite: Know the 73 Forms.
- Extend your knowledge, learn to apply the tai chi principles and improve your forms. Explore the depth and internal aspects of Sun style.
10. Exploring the Depth of Sun Style 73 Forms ***
- Pre-requisite: Know the 73 Forms very well.
- Explore the conceptual depth and energy of tai chi. Sink deeper into your practice with skills for mindful integration of mind and body.



11. Tai Chi Fan ***
- Newly Refined Moving Stillness Fan Forms
- With more focus on connecting, flowing and directing of nature’s spiral force through the fan, it combines both the moving meditation and energy of the Dragon!
12. The 42 Sword Forms ***
- The sword is a beautiful extension of the essential principles of tai chi. This set is composed to complement the Combined 42 Forms.

13. Push Hands ***
- Learn how to listen and interpret energy; yielding and neutralizing incoming force through push hands. It will improve your level and understanding of tai chi.
14. Chen Style 36 Forms ****
- Characterized by softness and hardness complementing each other, fastness and slowness intermixed, Chen style is more vigorous and powered by a sophisticated spiral force (chan suu jin), ideal to expand skill for advanced practitioners.
15. Exploring the Depth of 36 Forms ****
- Pre-requisite: know the 36 Forms.
- Explore the inner principles to improve your depth and skill of the Chen style tai chi and to expand skill for advanced practitioners.
16. Silk Reeling Exercises ****
- Tai Chi Silk Reeling exercises are repetitive spiral movements used to train all the major joints in the body to work together. This enables the body to move as one unit led by the Dan Tian, moving spiral force for health, body alignment and martial development.

Venue and Travel Information

Pacific University Oregon
2043 College Way, Forest Grove, Oregon 97116 USA
www.pacificu.edu

It is beautiful and serene, surrounded by mountains, forest and wine country - ideal for tai chi.

Free parking provided.

All apartments have either single or double bedrooms with shared bathrooms and common living area. Rates and all inclusive package are for double rooms per person per night, single rooms add \$10 per night. All rooms allocated first come first served.

AIRPORT: Portland International Airport (PDX), take Tri-Met light rail directly from the airport with a bus transfer in Hillsboro to the center of Forest Grove. Tri- Met Bus services to and from Forest Grove frequently.



Evening Activities 6:30 - 8:00pm (\$35 per activity)

- MONDAY:
1. Update for Tai Chi for Health programs.
- Available only for workshop participants, apply with your registration and have assignment done prior. Or you can settle in this beautiful retreat, make new friends and prepare for an exhilarating week.

- TUESDAY:
1. 6:30pm: Annual Meeting of the Tai Chi for Health Community - an open invitation for everyone.
2. 7:30 - 9:00pm: The talent show. Get ready for fun skits and the unique talents of our tai chi friends.

- THURSDAY:
1. Wu Ji Qigong
- Characterized by slow, gentle, circular movements and a strong emphasis on awareness of internal energy.
2. Using Tai Chi for Health for Chronic Condition
- Share your experience and learn how to.
3. Understanding intention in Push Hands.
- Explore the idea of issuing energy (fa jin), with caution and safety, incorporating Yang style ward off, roll back, press and push.

- FRIDAY:
- Enjoy a night of fun, specially catered dinner and dancing! It is a great time to get together. All Welcome.
- SATURDAY
- Practice, demos, certificates pictures and CHECK OUT



Registration Form

Ms/Mrs/Mr:.....

Address:.....

.....

E-mail:..... Phone:.....

PAYMENT OPTIONS:

1. Online: www.taichiforhealthinstitute.org/workshops
2. Credit card: Visa / MasterCard / Amex (please circle one)

Expire Date:

Credit card security code:

3. Make check payable to: Dr Paul Lam - Tai Chi Workshops.
12430 Tesson Ferry Road #269 St Louis, MO 63128

1st choice:..... 2nd choice:

workshop	item	Fees: USD\$ Standard/TCHI or TCHC before 1st March	Fees after 1st March
Pre - conference	all inclusive package	\$633/\$597	\$663/\$624
	Commuter package	\$431/\$395	\$461/\$422
	Accommodation and meals only	\$268	
Week - long	All inclusive package	\$1680/\$1608	\$1740/\$1680
	Commuter package	\$990/\$940	\$1070/\$990
	Accommodation and meals only	\$905	
	Evening activities	Seminar <input type="checkbox"/>	Social dinner <input type="checkbox"/>
Both workshops - 15% discount on both workshops	Update/s - \$45 per program to max of \$220	Program/s:..... Total Cost:.....	
	All inclusive package	\$2155	NOT AVAILABLE
	No other discount apply here		
Single room add \$10 x number of nights			
GRAND TOTAL			

NOTES AND RULES:

- 10% discount for members of either TCHI or TCHC, join and qualify for the discount immediately, only one to be applied
- Pre-conference: all inclusive package includes tuition fees, accommodation for Friday and Saturday night, meals from Friday dinner to Sunday lunch, morning and afternoon tea and facility fees. The commuter package includes tuition fees, morning and afternoon tea and facility fees
- Week-long: all inclusive package includes tuition fees, accommodation for 6 nights, meals from Sunday dinner through to Saturday lunch, morning and afternoon tea and facility fees. The commuter package includes tuition fees, morning and afternoon tea and facility fees.
- Updates for week-long workshop participant only: \$45 per program, to a maximum of \$220. Written assignment to be submitted at least one month prior to the workshop.
- Discounts apply to tuition fees only.
- Paid workshop participant are entitled to 20% discount on Dr Lam's DVDs
- Closing date April 30, 2018, late fees apply.
- Cancellation fees: \$65 before March 31 2018; \$95 before April 30, 2018; no refund after April 30, 2018.
- We reserve the right to cancel any course if necessary.