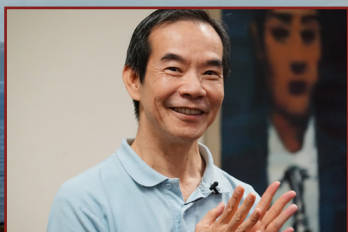


Dr Lam loves sharing the enjoyment and health benefits of tai chi. Thousands of people travel around the world to attend his workshops. He has found the key elements of tai chi and qigong to help you develop your art with over 40 years experience and research. His Tai Chi for Health programs have improved the health and wellness of millions of people around the world.

You can expect to improve your tai chi and qigong significantly and acquire useful skills and knowledge at his friendly interactive workshops. You will enjoy working with Dr Lam and his colleagues.



Dr Lam, a family physician and tai chi expert from Sydney, is a world leader in the field of tai chi for health. His visionary book "Teaching Tai Chi Effectively" has

been a key factor in the great success of the Tai Chi for Health programs. Millions of people have improved their health and wellness by learning from his programs.

Dr Lam is a respected teacher, he has authored best-selling books, instructional tai chi DVDs and online lessons. His tai chi programs are supported by the Centers for Disease Control and Prevention (CDC.gov), and health departments and arthritis foundations around the world.

Choose one or both:

- Master Class to Explore the Depth of 73 or 24 Forms
 - Tai Chi for Heart Conditions Instructor Training

Ms/Mrs/Mr.....

Address:

Zip:..... Country:.....

Mobile: Phone:

E-mail:.....

PAYMENT OPTIONS:

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

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Expiry Date:

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Credit card security code:

Your name on the credit card:

3. Make cheque payable to:
Dr Paul Lam Tai Chi Workshops LLC

MAIL PAYMENT TO:

Dr Paul Lam Tai Chi Workshops USA c/o Becky Rahe
6150 White Oak Dr. Toledo, OH 43615

Enquiries

**Contact our USA Workshop Team Becky, Ernie or Linda
Service@DrLamTaiChiWorkshops.com or 844-823-7526
9am-1pm Eastern**

Local Contact:
Linda Scott 760-579-3447 • lscott1530@gmail.com

\$65 administration fee on cancellations one month prior to the workshop, no refunds afterwards

Tai Chi _____ WORKSHOP

with Dr Paul Lam

COME TO ONE OR BOTH:

- Oct 20-23, 2020 – Master Class to Explore the Depth of 73 or 24 Forms
 - Oct 24-25, 2020 – Tai Chi for Heart Conditions
- Instructor Training**



Join Dr Lam and Colleagues to Experience the Magic and Power of Tai Chi

Venue: SpringHill Suites – Marriott
110 North Myers Street, Oceanside, CA 92054

Register online: taichiforhealthinstitute.org/workshops/

NB: Attend both workshops to receive a \$35 discount



Oct 20-23, 2020 – Master Class to Explore the Depth of 73 or 24 Forms

The Master Class is for advanced practitioners to expand horizon, experience the depth and nuance of respective tai chi set. There will be a limited number of participants with similar tai chi levels and enthusiasm. We will be focused on developing tai chi, sharing positive energy and getting to know each other. There will be opportunity to be updated, certified in certain programs.

MCs are by invitation only, a video audition would be required. Please contact us for more information.



Oct 24-25, 2020 – Tai Chi for Heart Conditions Instructor Training

Tai Chi is shown by medical studies to improve most health conditions. Dr Lam's team has incorporated medical research and traditional Chinese medicine to create an empowering program. It is designed to prevent or improve most heart conditions, as well improve balance, immunity and relaxation. Dr Lam will explain how it works and how it can help you develop your tai chi and teaching skill.

Dr Lam will work with you how to teach this program safely and effectively. If you have met the requirements you will be qualified to be certified as an instructor of this program.

He will also share his 40 plus years of tai chi and medical knowledge to facilitate your tai chi development.

At the Workshops

Dr Lam will go through form by form in detail to explain the depth and inner meaning. He will offer feedback, points of improvement and directions to develop your tai chi. You will have time to interact with Dr Lam and his colleagues.

Updates

Workshop participants will have the opportunity to update any of their Tai Chi for Health qualifications. Prior notice is essential, and a written assignment must be submitted two weeks prior the workshop. An administration fee applies.

CEU/CEU (EVENT 1) \$35

CONTACT HOURS: 6.5 FRIDAY ONLY

CEC/CEU (EVENT 2) \$50

CONTACT HOURS: 13 SATURDAY AND SUNDAY ONLY

CEC/CEU (BOTH EVENTS 1 & 2) \$85

CONTACT HOURS: 19.5 ALL 3 DAYS

Preparation

Study the relevant DVD. Registered participants are entitled to a 20% discount on DVDs or online lessons, a code will be sent with your confirmation message.



Register online:

taichiforhealthinstitute.org/workshops/

How Will I Benefit from the Workshops

Over Over 500 medical studies have shown tai chi improves muscular strength, flexibility and fitness; as well as improving relaxation, balance, immunity and other health benefits. The benefits of tai chi and Qigong are much more than studies can show! Such as empowering you to develop inner peace, inner strength and leading to more happiness and fulfilment.

Dr Lam will share his knowledge gained by working on the true meaning of tai chi for over 40 years. There will be intangible energy that can only be shared by personally interacting with him.

Who Can Come?

Please contact us for more details about the Master Class, it is for enthusiastic advanced practitioners to develop tai chi. For the Tai Chi for Heart Condition workshop, anyone is welcome.



Fees

Early Bird before July 27 2020:

- Oct 20-23: Master Class ~~\$980~~ \$910 before July 27 (plus accommodation and commuter cost)
- Oct 24-25: Tai Chi for Heart Conditions Instructor Training ~~\$465~~ \$440 before July 27; Tai Chi for Health Institute member: ~~415~~ \$395 before July 27

Fees include Morning and Afternoon tea and certificate.

Closing date 2 weeks prior.

Airport: SAN = San Diego International

Please come scent free in consideration for those with perfume allergies.