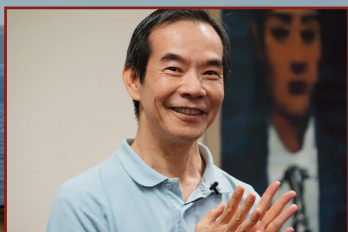


Reasons to Come

Dr Lam loves sharing the enjoyment and health benefits of tai chi and qigong. 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 significantly and acquire useful skills and knowledge at his friendly interactive workshops. You will enjoy working with Dr Lam and his colleagues.



About Dr Paul Lam

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.

Registration Form

Choose one or both:

- ☐ Qigong for Health Instructor Training
- ☐ Exploring the Depth of Tai Chi for Arthritis and Fall Prevention

Ms/Mrs/Mr:.....

Address:.....

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

Mobile:..... Phone:.....

E-mail:.....

PAYMENT OPTIONS:

- Online: taichiforhealthinstitute.org/workshops/calendar
- 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:

- 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:

Paulette Zeran-772-473-8689, Chialfa42@yahoo.com

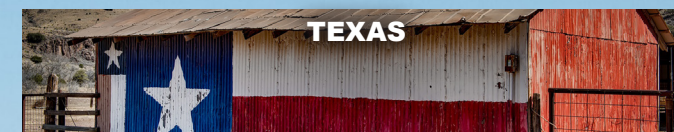
\$65 administration fee on cancellations one month prior to the workshop, no refunds afterwards

Tai Chi WORKSHOP

with Dr Paul Lam

COME TO ONE OR BOTH:

- Oct 16, 2020 - Qigong for Health Instructor Training
- Oct 17-18, 2020 - Exploring the Depth of Tai Chi for Arthritis and Fall Prevention



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

Venue: The Hilton, 705 Central Expressway South, Allen, TX

Register online: taichiforhealthinstitute.org/workshops/

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



Oct 16: Qigong for Health Instructor Training

The Five Elements is a fundamental concept of Chinese Traditional Medicine and the law of nature. Each element represents organs, emotion, color, sense, sound within the body. They positively influence each other to create and develop stronger Qi.

Qi is the life energy that circulates throughout the body for inner strength, vitality and wellness. Gong is a method of exercise. The Five Element Qigong is easy to learn, yet powerfully effective for health and improving tai chi.

You will learn this program to improve health and your level of tai chi. If you are a Tai Chi for Health instructor, you can be certified to teach this program if you give prior notice, complete an assignment and meet the requirements.



Oct 17-18: Exploring the Depth of Tai Chi for Arthritis and Fall Prevention

This has been one of the most popular workshops conducted by Dr Lam around the world over the last 15 years. The addition of Fall Prevention module brought greater efficacy!

Dr Lam will discuss the deeper meanings of tai chi principles and how to incorporate them into your forms. He will explain the ultimate purpose of tai chi and what Qi (vital life energy) is, and work on using the Yi (mind) to drive the Qi, and the Qi to drive the Jing (internal force).

Dr Lam will show you how to deliver the Jing and use it to store and regenerate more Qi. Your tai chi will improve significantly. These techniques and knowledge are applicable to all forms of tai chi.

Millions of people around the world have learned Tai Chi for Arthritis; many would like to progress further. You can develop your tai chi and gain greater health benefits in this workshop. There is infinite depth in the Tai Chi for Arthritis program - discover how much more power and enjoyment you can gain as you explore and re-explore the depth!

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 to 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 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 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?

Anyone without any prior knowledge can come to the Qigong workshop. For the Depth workshop, be familiar with the 12 Movement Tai Chi for Arthritis program.



Fees

Early Bird before 27 July 2020:

- Oct 16: Qigong for Health Instructor Training ~~\$245~~ \$225 before July 27; Tai Chi for Health Institute member: ~~\$230~~ \$215 before July 27
- Oct 17-18: Depth of 24Forms Exploring the Depth of Tai Chi for Arthritis and Fall Prevention ~~\$465~~ \$440 before July 27; Tai Chi for Health Institute member: ~~\$415~~ \$395 before July 27
- Attend both and receive extra \$35 discount: ~~\$675~~ \$630 before July 27; Tai Chi for Health Institute member: ~~\$610~~ \$575 before July 27

Fees include Lunch, Morning and Afternoon tea and certificate
Closing date 2 weeks prior.

Airports: DFW=Dallas International
DAL=Love Field (Mainly SouthWest Air)

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