Reasons to Come

1. Enjoy Tai Chi for one week at the tranquil and exciting beachfront venue.
2. Join Dr. Paul Lam, his colleagues and other participants in a sanctuary with beautiful Tai Chi, be empowered and have fun.
3. Learned useful skill and knowledge for self-development and to share, especially in personal settings.
4. Renew friendships and meet new friends from around the world.
5. Share positive energy.

Venue

Novotel Northbeach Wollongong
2-14 Cliff Road, North Wollongong, NSW

Contact Us

Dianne or Fizz: 02 9533 6511
6 Fisher Place Narwee, NSW 2209, Australia
Email: workshops@taichiproductions.com

From Past Participants

“...the cohesion and synergy of our group, plus the overall friendship and companionship.”
Frank Croucher, Australia

“It really made the 73 mine – I had my dream come true of really owning it and it built my confidence. Life affirming!”
Darci Alexander, MT, USA

“The feeling of calmness and mindfulness”
Veronica Dobie, Australia

“Everything great this year”
Catherine Bolshesolsky

“Love and speeches at assembly. Kindness and love of Dr Lam”
Barry Murphy, Australia

Dr. Paul Lam
25th Annual TAI CHI WORKSHOP in Sydney
9-13th JANUARY 2023

25 Years of Excellent Tai Chi and Friendship at a Fantastic Beach Front Venue
The Classes

Choose one class only.

* Easy-to-learn, suitable for beginners and/or instructor’s training.

** To enhance skill if you have about one year or more Tai Chi experience.

*** To reach new height for an advanced practitioner.

**** Challenging for an advanced practitioner.

1. Tai Chi for Arthritis and Fall Prevention Instructor Training Course*
   You will learn the Tai Chi for Arthritis program, Part 1 and 2, and the special module for fall prevention. If you meet the requirements, you will be eligible to be certified to teach the program. Supported by the Centers for Disease Control and Prevention (www.cdc.gov), health departments and arthritis organisations worldwide, the programs are proven to reduce pain, prevent falls and improve balance, health and wellness. We welcome beginners to join for better health and wellness. You will be provided with the Self-paced Stage 1 of the program free of charge for preparation prior.

2. Tai Chi for Memory, Rehabilitation and Diabetes Instructor Training Course*
   Tai Chi for Memory is designed to prevent and improve loss of memory. Tai Chi for Rehabilitation is a unique combination of Yang, Sun and Chen tai chi styles. Tai Chi for Diabetes is shown by studies to improve the management of people with Diabetes. Dr Lam incorporates his 40 years’ experience of western and eastern medicine, positive psychology and personal development with all these programs. There is special synergy with them for positive psychology and personal development with all 40 years’ experience of western and eastern medicine, positive psychology and personal development with all these programs. There is special synergy with them for positive psychology and personal development with all these programs.

   The Combined 42 Forms***
   Containing the essential characteristics and techniques of the Yang, Chen, Wu and Sun styles Tai Chi, this set is well-balanced and enjoyable. It is an ideal next set after the 24 Forms.

   3. 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 development.

   4. Sun Style 73 Forms**
   Pre-requisite: Know Tai Chi for Arthritis and Part II. Sun style Tai Chi contains unique and powerful Qigong (an exercise to cultivate qi and vitality) ideal for self-growth and healing. You can learn this set in a relatively short time; it has great depth to keep practitioners’ interest for a lifetime.

   5. Exploring the Depth of Sun Style 73 Forms***
   Pre-requisite: Know the 73 Forms. Explore the Tai Chi principles and inner components to improve your internal energy and level of Tai Chi. There is indefinite depth to Tai Chi, many have learned and enjoyed this class for many years.

   6. The Combined 42 Forms***
   Containing the essential characteristics and techniques of the Yang, Chen, Wu and Sun styles Tai Chi, this set is well-balanced and enjoyable. It is an ideal next set after the 24 Forms.

   7. Chen Style 36 Forms***
   Characterised by softness and hardness complementing each other, fastness and slowness intermixed, Chen style is more sophisticated and powered by a mysterious spiral force (chan suu ji). It is an enjoyable and challenging way to improve your depth and expand your Tai Chi skill.

BEGINNERS

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UPDATE (for workshop participants only) 4.15 - 5.00pm

TUESDAY - TCA, TCA2, TCAFP, STCA, TCE and TCE2 WEDNESDAY - All other Tai Chi for Health programs.

You can update any of the Tai Chi for Health programs if you enroll at registration, submit the assignment/s by one month prior to the workshop, have been certified within four years of the respective program and have fulfilled the remainder of the requirements. Cost: $60 per program, max $240 (not included in the package).

FRIDAY - Banquet, All Welcome, non-paying participant: $70 (included in the package)

To celebrate a wonderful workshop with a sumptuous dinner followed by entertainment.

A workshop highlight! Feel free to bring friends and partners. We have made special arrangements with the Novotel to extend the capacity for all. Please book and pay for your guest/s, participants are not required to book. While there are no refunds if you don’t attend, please let us know if you cannot come in order not to waste food.

REGISTER ONLINE: taichiforhealthinstitute.org/workshops/