



Dr. Paul Lam presents:

Exploring the Depth of Tai Chi Chuan
ENJOY - LEARN and REGENERATE - JOY - BALANCE in Body & Mind

27.09.2025: Depth of YANG "24 Forms"

28.09.2025: Depth of SUN Tai Chi for Arthritis and Fall Prevention

In Wallisellen (Zurich / Switzerland)

An opportunity to experience Dr. Paul Lam and two different Tai Chi styles as well as enjoy Tai Chi Chuan together. On 27.09.25: YANG "24 Forms" (one of the most famous Tai Chi forms). On 28.09.25: SUN "Tai Chi for Arthritis and Fall Prevention" (TCAFP).

Tai Chi Chuan and in particular "TCAFP" has been proven in several studies to be safe and effective for fall prevention. Practicing Tai Chi regularly can reduce the risk of falling by up to 67% with further health effects of:

Inner balance, stronger muscles and a greater zest for life

These workshops are **open to all levels** and the fascination and joy of practising together can be experienced.

Basic knowledge is an advantage: the 24 Yang forms and Tai Chi for Arthritis form can be learned in advance through personal instruction ([Find Tai Chi Instructors | Tai Chi for Health Institute](#)), online learning ([Online Tai Chi Lessons | Tai Chi for Health | Dr Paul Lam](#)) or via the learning DVDs available from [Dr Paul Lam Tai Chi DVDs and Products | Tai Chi Productions](#)

Detailed information:

Date: **27.09.25** (Yang 24) **und 28.09.25** (TCAFP) from 9 am to 5 pm

Place: **Alterszentrum Wägelwiesen**
Obere Kirchstrasse 33
CH-8304 Wallisellen, Switzerland

Cost: 360 CHF for both days (*including coffee and tea during breaks*)
Both days can also be booked individually (CHF 180)
***TCH program updates can be booked and completed at these workshops.**
See the following registration form below.

Registration: For participants outside Switzerland, please register online via <https://taichiforhealthinstitute.org/workshops/>
For participants in Switzerland, registration by e-mail to Yvonne Eggmann (y.eggmann@bluewin.ch)

Contact and further information: Yvonne Eggmann (y.eggmann@bluewin.ch)

Registration

Name	
E-mail	
Telephone	

Please indicate (X) your choice of workshop and update participation, as applicable		
Workshop	YANG "24 Forms"	Tai Chi for Arthritis and Fall Prevention
Day	27.09.2025	27.09.2025
Time	09:00 bis 17:00	09:00 bis 17:00
Cost	180 CHF	180 CHF
Update TCH program*		

**Workshop participants who are also certified TCHI teachers have the opportunity to refresh their Tai Chi for Health qualification. Pre-registration is essential. Further details on updates are found either via <https://taichiforhealthinstitute.org/workshops/> or by contacting Yvonne Eggmann directly.*

Payment: Zürcher Kantonalbank
IBAN: CH84 0070 0114 9031 7285 0
Account number.: 1149-3172.850
Account name: Yvonne Eggmann
Remark: TCH Workshop Switzerland 2025

Please fill in the registration form and return per e-mail:

For participants outside Switzerland, please register online by Tai Chi for Health Institute:
<https://taichiforhealthinstitute.org/workshops/>

For participants in Switzerland, registration by e-mail to:
Yvonne Eggmann (Master Trainer TCHI): y.eggmann@bluewin.ch

Registration information:

- *Registration is only valid after receipt of payment.*
- *The workshop fee includes coffee and tea during the breaks.*
- *Lunch can only be ordered in advance with prepayment from Yvonne (per e-mail).*
Please note that the order form will be sent after confirmation for workshop participation.