



Our purpose is to empower people to wellness

Tai Chi for Health Institute

Tai Chi for Arthritis and Falls Prevention - USA Training Costs - Effective October 15, 2025

All costs in USD.

For further information, contact:

service@taichiforhealthinstitute.org

Instructor Training for Tai Chi for Arthritis and Falls Prevention (TCAFP)

Total Cost: \$529

(\$380 Workshop Fee + \$149 Materials & Membership Fee)

- **\$380 - Workshop Fee**
 - **\$149 - Materials & Membership Fee** includes:
 - **SIPP (Self-paced Instructors Preparation Package)**
A comprehensive guide with full instructional lessons, teaching guides, safety protocols, and all necessary skills to become a safe and effective instructor.
 - **Teaching Tai Chi Effectively book and Tai Chi for Arthritis and Fall Prevention Handbook**
 - **2-year Standard Membership with TCHI**
All certified instructors are listed online on the Tai Chi for Health Institute website. The Institute provides ongoing support at all instructor levels.
Support includes:
 - Location guides and online listings
 - Maintaining quality control and ethical standards
 - Full-time staff, technical support, and dispute resolution
 - Tai chi technical support from Dr. Lam, Master Trainers, and Senior Trainers
 - **+ \$50 to add Seated Tai Chi for Arthritis (STCA) qualification**
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Update for Tai Chi for Arthritis and Falls Prevention (TCAFP) Instructors

Total Cost: \$200 - Workshop Fee only

www.tchi.org

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