

Tai Chi for Diabetes Workshop and Instructor Training

August 5 & 6, 2017

8:30 a.m. to 4:30 p.m.

What is Tai Chi for Diabetes?

Tai Chi for Diabetes is a tai chi form designed by Dr. Lam with his tai chi associates and a team of medical experts. Based on Sun and Yang style tai chi, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to improve the management of diabetes.

The program will help to increase flexibility and muscle strength, and increase heart/lung activity, align posture, improve balance and integrate the mind and body.

The Workshop is Designed for:

- Tai Chi teachers and Advanced Students
- Health Professionals such as RN's, OT's, OTA's, PT's, PTA's
- Personal Trainers and Exercise Instructors
- Others wishing to learn more

To Receive Certification:

- Successfully complete the Workshop. **Prior preparation with the DVD is mandatory.**
- Complete the Instructor application and questionnaire and pass an in-class quiz.
- Hold a valid CPR certificate (or RN, EMT, etc.) before teaching a TCD class.

About Your Master Trainers

Master Trainer Jim Starshak, MS

info@thehomegym.net

Jim is a certified Tai Chi for Health Master Trainer, the inaugural Chair of the International Tai Chi for Health Institute (TCHI), and the tai chi consultant for the American Academy of Health and Fitness. He earned his Master's Degree in Exercise Science & Health Promotion and is an Allied Health & Nursing Adjunct Professor at Kansas City Kansas Community College. Jim's background includes 22+ years in the US Army and Special Forces (Green Beret), a CPR Instructor, a Certified Personal Trainer (NSCA-CPT, *D), a disabled veteran, and a volunteer for TCHI, his Community Emergency Response Team (CERT) and many local events.

Master Trainer Linda Ebeling

cranetigertaichi@yahoo.com

Linda Ebeling's Tai Chi journey began with the study of Qigong. Her current practice includes Sun, Yang and Chen style Tai Chi as well as several forms of Qigong. A movement and fitness instructor for over 16 years, Linda also has a teaching background in Secondary Education. She is a Master Trainer for Tai Chi for Health, serves on the board of Tai Chi for Health Community and has been the Scholarship Committee Chairperson for TCHC since 2013. Linda likes to help her students discover how Tai Chi and Qigong can empower them to take an active role in bringing balance to their health and lives.

Yang 10 Workshop

August 4, 2017

Master Trainer Jim Starshak, MS

Tai Chi for Diabetes Workshop and Instructor Training



TCD Updates and Optional CEC's available

August 5 & 6, 2017

Conducted by Master Trainers
Jim Starshak, MS and Linda Ebeling

St. Paul, MN

Yang 10 Workshop

August 4, 2017

8:30 a.m. to 4:30 p.m.

The Yang 10 forms

This short Tai Chi set introduces you to the signature movements of the Yang forms, the most widely practiced style in the world, and basis for TCD. After this workshop you will be able to perform the set, enhance and extend your students' practice of TCD, and prepare them to learn the Yang 24 forms.

You will receive a **Certificate of Participation**.
Optional CEC's are available.

Workshop Dates and Times

Yang 10 Workshop

August 4, 2017

8:30 a.m. to 4:30 p.m.

Fee: \$130; \$150 if paid after July 7, 2017

Tai Chi for Diabetes Workshop and Instructor Training

August 5 & 6, 2017

8:30 a.m. to 4:30 p.m.

Fee: \$225; \$260 paid after July 7, 2017

Update TCD alone, August 6, 2017 (last training within past 2 years)

Fee: \$125; \$140 paid after July 7, 2017

Special Offer: both workshops for \$325 (save \$30 before July 7.2017)

Fees include:

TCD and Yang 10 Information packets

Tai Chi for Diabetes Certificate

Yang 10 Certificate

Discount on Tai Chi Productions items

Refreshments at a.m. and p.m. breaks

Lunch: On your own

What to wear: loose, comfortable clothing suitable for exercise. Flat, **non-marking, indoor-only shoes required.**

Waivers: Each participant will sign a Waiver & Release form before these workshops.

Required preparation for TCD workshop:

Work with the DVD and read chapters 4, 5, 6 & 11 in *Teaching Tai Chi Effectively* before attending the workshop. These are NOT included in your registration fees. The DVD and print or eBook may be purchased at <http://usa.taichiproductions.com>.

Paid registrations will receive a discount code with your welcome letter.

Registration is in two parts:

1-Register online on the Tai Chi for Health Institute (TCHI) website:

www.taichiforhealthinstitute.org/Workshops

Click the Master Trainer Calendar

2-Mail this registration form with your payment, made out to the local registrar:

Bruce R Tyler, 1471 Edmund Avenue, St. Paul, MN 55104

Questions? Contact Bruce at

taichibruce@gmail.com

REGISTRATION DEADLINE: July 24, 2017

In early July or upon receipt of your payment, you will receive a welcome letter with registration confirmation, discount code, required forms, and local information by email at the address you provide on the TCHI website and your registration form.

TCD & Yang 10 Workshop Registration Form

Workshop limited to ~25

(Please print legibly)

Name:

Address:

City:

State & Zip

Phone: () _____

Email:

___\$325 Yang 10 and TCD Workshops(Aug. 4-6)
___\$365 after July 7, 2017

___\$130 Yang 10 Workshop (Aug. 4)
___\$150 after July 7

___\$225 TCD Workshop (Aug. 5-6)
___\$260 after July 7

___\$125 TCD Update only (Aug. 6)
___\$140 after July 7

___\$30 - 13 CE hours for TCD 2-day workshop
___\$15 -6.5 CE hours for Yang 10 workshop
___\$15 -6.5 CE hours for TCD Update only

Payment by Check or Money Order only please
Payable to Bruce R Tyler
1471 Edmund Ave., St. Paul, MN 55104