

Registration form

Name:

Address:

City, State, Zip:

Phone:

Email:

- _____ \$195 STCA Certification
- _____ \$175 Early Bird before Oct. 7

- _____ \$145 STCA Recertification
- _____ \$125 Early Bird before Oct. 7
- _____ \$15 CEU's

Registration deadline: Oct. 21.

Please send your check or money order payable to

Jeannine Robinett
13838 Echo Park Ct. Burnsville, MN 55337

Please note: \$50 administration fee on cancellations one month prior to the workshop. No refunds after Oct. 28.

About Your Master Trainer

Linda Ebeling

Linda Ebeling's tai chi journey began with the study of Qigong and the Five Animal Frolics. 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 17 years, Linda also has a teaching background in Secondary Education. She is a Master Trainer for Tai Chi for Health, and served on the board of Tai Chi for Health Community for 6 years, including serving as Chair of the Scholarship Committee from 2013 to 2017. One of the few certified instructors of Radiant Lotus Qigong in the US, she is also a Reiki level 2 practitioner and is a former member of the MS Wellness Professionals Task Force. Linda likes to help her students discover how Taiji and qigong can empower them to take an active role in bringing balance to their health and lives.

For more information about Linda and the classes and workshops she provides, go to <http://cranetigertaichi.com>

SEATED TAI CHI FOR ARTHRITIS

Instructor Training Workshop

Conducted by Master Trainer

Linda Ebeling

West Medicine Lake Community Club
1705 Forestview Lane N
Plymouth, MN

November 3, 2017

What is Tai Chi?

Tai Chi originates from ancient China and is now practiced throughout the world as a very effective exercise for health. Tai Chi consists of a series of slow, fluid, gentle movements. Breathing is slow, relaxed, and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for about anyone.

Why Seated Tai Chi for Arthritis?

This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life.

Health Professionals and carers using this program with people with disabilities can share quality time with them while improving their own health. It is suitable for people who are either unable to walk or are required to be seated, e.g. while in flight.

Ideal teaching candidates include:

Physical therapists or physiotherapists, tai chi teachers or advanced students, exercise instructors, family caregivers.

After this Seated Tai Chi for Arthritis (STCA) Workshop, you will be able to:

- Demonstrate the tai chi set and its warm-up and cool-down set
- Describe practical ways to integrate the tai chi principles into existing interventions, exercises, and activities
- Summarize the science and research validating tai chi's benefits.
- Differentiate ways to safely modify tai chi movements for an individual's capabilities and limitations.
- Demonstrate how to teach tai chi or any therapeutic movements using the Stepwise Progressive Teaching Method.
- Describe ways to use sequenced tai chi movements to help improve physical and psychological functional performance.

To Receive your STCA Instructor's Certificate you are Required to:

- Successfully complete the workshop and demonstrate knowledge of the form.
Prior preparation with the DVD is necessary.
- Hold a valid first aid **or** CPR certificate from an accredited course (or RN, EMT, etc.) before teaching a STCA class.
- Pass a short, written quiz at this workshop.

Dr. Lam requires you to view the entire DVD & read chapters 4, 5, 6, and 11 before you attend this workshop. These are **NOT** included in your registration fees. The DVD and print or eBook is available at <http://usa.taichiproductions.com/> Paid registrations will receive a discount code with your welcome letter.

Cost includes: STCA Certificate, Discount on Tai Chi Productions items, refreshments during morning and afternoon breaks.

Lunch: On your own.

What to wear: loose, comfortable clothing and flat shoes suitable for exercise.

A Waiver & Release, the Seated Tai Chi for Arthritis questionnaire and your instructor applications will be emailed to the address provided when you register.

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.

Contact Jeannine Robinett at robinejm@msn.com with any questions.