

## Registration form

Name:

Address:

Phone:

Email:

\_\_\_\_ \$270 TCE Certification  
\_\_\_\_ \$235 Early Bird before Feb. 2  
\_\_\_\_ \$140 TCE Update  
\_\_\_\_ \$125 Early Bird before Feb. 2

\_\_\_\_ \$195 TCE2 Certification  
\_\_\_\_ \$175 Early Bird before Feb. 2

\_\_\_\_ \$415 TCE + TCE2  
\_\_\_\_ \$395 Early Bird before Feb. 2

\_\_\_\_ \$310 TCE Update + TCE2  
\_\_\_\_ \$285 Early Bird before Feb. 2

\_\_\_\_ \$15 CEU's (for Updates or TCE2)  
\_\_\_\_ \$30 CEU's for TCE

\_\_\_\_ Just for fun, \$25 off. (No certificates awarded)

College/grad school student discounts available.  
Contact Jeannine for details.

**Registration deadline: March 2.**

**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 March 26.

## 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>

## TAI CHI FOR ENERGY AND TAI CHI FOR ENERGY 2

### Instructor Training Workshops

Conducted by Master Trainer

### Linda Ebeling

West Medicine Lake Community Club

TCE April 6-7

TCE Updates April 7

TCE2 April 8

9am-5pm

## 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 Tai Chi for Energy?

Chen style is vigorous and sophisticated, containing fast and slow movements along with powerful spiral force. Sun style includes a unique qigong (life energy) along with agile steps. These two seemingly contrasting styles have complementary internal energy. Dr. Lam composed the Tai Chi for Energy set by combining both styles to bring you greater synergy. With regular practice and in a relatively short period of time, you will achieve better health and wellness, more internal energy, and an improved ability to manage stress.

Expand the unique synergy with Tai Chi for Energy Part 2. Dr. Lam explores the mysterious spiral force (Chan Suu Jing) and develops the synergy of both styles to deliver unbelievable power and vitality.

### Ideal teaching candidates include:

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

### After this Tai Chi for Energy 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 TCE and/or TCE2 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 TCE class.
- Pass a short, written quiz at this workshop.

Contact Jeannine Robinett at [robinejm@msn.com](mailto:robinejm@msn.com) with any questions.

**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:** 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 Tai Chi for Energy 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](http://www.taichiforhealthinstitute.org/Workshops) Click the Master Trainer Calendar.
2. **Mail this registration form with your payment, made out to the local registrar.**