

## From Dr Lam

For more than 40 years I have been seeking the true understanding of tai chi principles and how to gain the maximum health benefits. I would like to share my insight with you in this workshop, this will make your tai chi journey more fulfilling and reaching a greater height.

## About This Workshop

This has been one of the most useful and popular workshops conducted by Dr Lam around the world.

During this engaging workshop Dr Lam will discuss the deeper meanings of tai chi principles and how to incorporate them into your forms. He will explain what Qi (vital life energy) is. We will work on using the Yi (mind) to drive the Qi, and the Qi to drive the Jing (internal force). He will also work on each movements of Part 2 in greater details.

Dr Lam will show you how to deliver the Jing and use it to regenerate more Qi. Your tai chi will improve significantly. These techniques are applicable to all forms of tai chi.

Millions of people around the world have learned Tai Chi for Arthritis; many would like to progress further. This workshop is a great opportunity to enhance your tai chi and gain greater health benefits.

You can update your certification for the Tai Chi for Arthritis or other Tai Chi for Health programs by attending this workshop and complete the appropriate assignment prior.

There is infinite depth in the Tai Chi for Arthritis program - discover how much more power and enjoyment you would gain each time you explore and re-explore the depth!

## Registration and Enquiries

### To Register:

[www.tchi.org/workshops](http://www.tchi.org/workshops)

### Venue:

Phoenix Tai Chi Centre  
Epiphany Anglican Church  
17A Holborn Ave.,  
London, ONTARIO. N6J 2P6

### Enquiries:

Local Co-ordinator: Terry Clarkin  
[terrylynclarkin@hotmail.com](mailto:terrylynclarkin@hotmail.com)  
519-432-7090 (landline)

Email: [service@drlamtaicheworkshops.com](mailto:service@drlamtaicheworkshops.com)  
Phone: +1 844-823-7526 (best hours  
Monday to Friday 9AM-1PM Eastern)

### Cost:

USD\$325 before April 1, 2023 (approx.  
CAD\$431)  
USD\$350 after April 1, 2023

**Cost includes:** Certificate, morning &  
afternoon tea

**Registrations close:** May 12, 2023, late  
fees apply

### NB:

Dr Lam recommends that you prepare by  
studying his instructional Tai Chi for Arthritis  
online lessons or DVD in order to get the  
most from the workshop.

You can purchase this from:

[www.taichiproductions.com](http://www.taichiproductions.com)

20% discount for paid participants.



## Exploring the Depth of Tai Chi for Arthritis with Dr Paul Lam



**Learn how to unlock  
the secrets of tai chi  
and harness  
the magical health benefits**

**May 20-21, 2023  
London, ONTARIO.  
Canada**

