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

Venue:

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

Enquiries:

Local Co-ordinator: Terry Clarkin terrylynnclarkin@hotmail.com 519-432-7090 (landline)

Email: service@drlamtaichiworkshops.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
20% discount for paid participants.





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

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

Reasons to come

- To work with the creator of Tai Chi for Arthritis and Fall Prevention program
- To improve your tai chi
- To deepen your understanding of tai chi principles
- ◆ To enjoy exploring the inner meaning and insights of tai chi
- To feel the flow and beauty of tai chi
- To learn how to alleviate back pain and improve health in general
- To meet new friends

About Dr Paul Lam

Dr Lam, an Australian family physician and tai chi expert, is a world leader in the field of tai chi for health. He is the author of several books on tai chi and best-selling instructional tai chi online lessons and DVDs. His tai chi programs have improved the health and wellness of millions of people worldwide.

Dr Lam is one of the most sought after tai chi teachers, having trained thousands of instructors. Many travel around the world to attend his workshops. He himself travelled nearly 2 million miles to teach tai chi.

Who can attend?

Anyone who has learned Tai Chi for Arthritis, both instructors and students can participate and gain the benefits.

Anyone who seeks to expand their tai chi knowledge and skills in an interactive and friendly environment. Be sure to learn Tai Chi for Arthritis and Fall Prevention, and Part II either from Dr Lam's certified instructors or instructional online lessons or DVDs (www.taichiproductions.com) prior.

Instructor Update

Certified Instructors of the Tai Chi for Arthritis Program can update their qualification by attending this workshop and completing the Stage 1 self-paced training package prior. After you have registered and pay for the update, a code to access the Stage 1 material **FREE** (worth USD\$130) will be sent to you.

Schedule: 9 a.m. - 5 p.m. daily

NB: Everyone is welcome to learn the Tai Chi for Arthritis program and join this workshop for health improvement. This is not an instructor training workshop.

You can learn this program from Dr Lam's instructional online lessons or DVD from www.onlinetaichilessons.com



Exploring the Depth of Tai Chi for Arthritis

May 20-21, 2023

Name:
Address:
Postcodo: Country:
Postcode: Country:
Phone:Mobile
Email:
Payment options:
1. Online: www.taichiforhealthinstitute.org/workshops
2. Credit card: Visa / MasterCard / Amex (please circle one)
Exp. Date
SIGNATURE

Dr Paul Lam Tai Chi Workshop

Bank of America: Account number 3250 4215 0949

Routing number: 026009593

To register online www.tchi.org/workshops

NB: USD\$50 administration fee on cancellations one month prior to the workshop, no refunds after the closing date.