

Depth of Yang 24 Forms

The 24 Form was created in 1956 by the Chinese National Sports Committee to popularise tai chi. Today it is the most popular set in the world. It contains all the key principles of tai chi with special features of Yang Style.

Dr Lam has extensive experience on this set. He has worked with well known experts including the main creator of the 24 Forms - Master Fu Zhong Wen. In this workshop Dr Lam will go through form by form to explore the depth and inner meanings. He will provide points of improvement and direction to develop your tai chi.

During the workshop you will have time to share with Dr Lam's 48 years of tai chi experience and Chinese culture relevant to tai chi improvement. You will learn how he incorporates up to date medical knowledge to make tai chi more powerful for health and wellness.

At the completion of the workshop, you will be able to progress greater height in tai chi and gain more enjoyment in your practice.



How Does Tai Chi Work?

An effective exercise for health will improve muscular strength, flexibility, and fitness. Tai chi is proven to do all of these and more. Additional benefits include relieve stress, improve relaxation, balance, posture and immunity.

There are over published 35 studies (available at www.taichiforhealthinstitute.org) showing Dr Lam's tai chi programs are effective to improve many aspects of health. Dr Lam utilises the scientific findings to modernise the 24 Forms giving it more internal strength. His interpretation of the 24 Forms will help you to develop your tai chi to higher level relatively quickly.

What to Wear

Wear loose comfortable clothes and flat shoes suitable for exercise.

Register and enquiries online at
www.taichiforhealthinstitute.org

OR Contact:
Terry Clarkin

terrylynnclarkin@hotmail.com
519-432-7090 (landline)

Exploring the Depth of Yang 24 Forms with Dr Paul Lam



Special One Day Class
London, Ontario
19 May, 2023

Reasons to come

- ☉ To work with the creator of the Tai Chi for Health programs
- ☉ To enhance your 24 Forms
- ☉ To deepen your understanding of tai chi principles
- ☉ To enjoy exploring the inner meaning and learn more insights of tai chi
- ☉ To meet like minded tai chi 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 a teacher and the author of several books on tai chi. Dr Lam has produced a series of user friendly online lessons and best-selling instructional tai chi DVDs. His tai chi programs have improved the health and wellness of millions 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. Dr Lam himself has travelled nearly 2 million miles teaching tai chi by 2023.

Who Can Attend?

Everyone who has learned the Yang 24 Forms (you can learn it from Dr Lam's online lessons or DVD).

Everyone who wishes to expand their tai chi knowledge and skills in an interactive and friendly environment. Be sure to study Dr Lam's 24 Forms online lessons or DVD before the workshop.

Registration and Enquiries

To Register:

www.tchi.org/workshops

Venue:

Calvary United Church Hall
290 Ridout St. S.
London, Ontario
N6C 3Z1

Enquiries:

Local Co-ordinator: Terry Clarkin
terrylynclarkin@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\$185 before April 1, 2023 (approx.
CAD\$245)
USD\$ 205 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 24 Forms 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.

Exploring the Depth of the Yang 24 Forms

May 19, 2023

Name: _____

Address: _____

Postcode: _____ Country: _____

Phone: _____ Cell: _____

Email: _____

Payment options:

1. Online: www.tchi.org/workshops/

2. Credit card: Visa / MasterCard / Amex (please circle one)

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Exp. Date

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SIGNATURE

3. Make check in USD payable to:
Dr Paul Lam Tai Chi Workshop,
P.O. Box 1811, Hobe Sound, FL 33475, USA

4. Electronic bank transfer
Dr Paul Lam Tai Chi Workshop
Bank of America: Account number 3250 4215 0949
Routing number: 026009593

Cancellations are subject to a \$50.00
administration fee one month prior.
NO REFUNDS will be issued on any cancellations
after closing day