

About the Instructor



Hong Yang, MBA, is a Master Trainer in Dr. Paul Lam's Tai Chi for Health programs. She is a Yang Family Tai Chi inheritor and a PHD in Chinese Yi Ching philosophy study.

Hong is a World Tai Chi Champion in Yang Tai Chi forms and sword, Sun 73, Wu Dang sword, and Push Hands. Hong has been studying Traditional Family Yang Tai Chi forms, sword, and wide sword since she was 5 years old.

View her tai chi and sword demos at www.lightning-taichi.org/videos/

Workshop Organizer Linda Scott has attended many of Dr. Lam's week-long workshops to study Sun Style 73 Form, the Yang 24 and the Yang 40. She is certified to teach Tai Chi for Arthritis, Tai Chi for Beginners, Tai Chi for Diabetes, and Tai Chi for Energy and Rehabilitation. She currently teaches at the Tri-City Wellness Center in Carlsbad, CA.

What is Tai Chi?

Tai Chi originates from ancient China and consists of a series of slow, flowing movements that are safe and gentle. Breathing is relaxed, slow and deep to aid in mental concentration. It can be practiced almost anywhere, needs no special equipment and is suitable for just about anyone.

LODGING

The SpringHill Suites Oceanside Marriott is walking distance from the Oceanside Amtrak Station. It is directly across from the beach and walking distance to many restaurants.

When making room reservations, ask for **Tai Chi for Health workshop discount**. Parking is \$29 a night and \$15 a day. There is street parking but much of it is metered. Reservation cutoff date for discounted rate is **November 5, 2019**. Phone: (760) 722-1003

Tea & Tai Chi Philosophy #2 Thursday, 4 to 6 pm

Join Hong for special Chinese tea served in the traditional way and for an in-depth discussion of tai chi philosophy which will enhance your tai chi practice.

Intro to Yang-Style Tai Chi Friday, 9 am to 4:30 pm

Yang-style tai chi is one of the five traditional schools of tai chi. Yang is the most popular form of tai chi in the world and, along with other forms, is noted for positive effects to mental and physical health. This workshop will introduce initial movements of the 24 forms of Yang-style tai chi. Like all traditional sets of tai chi, the ancient promise of this exercise is the promotion of flexibility, strength and a vigorous old age. Tai chi is easy to learn and can become a long-lasting and health-supporting practice. Beginners welcome. Yang-style tai chi is the major style included in Tai Chi for Diabetes so instructors will benefit from studying the Yang 24.

Tai Chi Workshop Dec. 5, 6, 7, 8, 2019

Th. Tea & Philosophy

Fri. Depth of Yang 24, Sec. 1

**Saturday & Sunday
Tai Chi for Diabetes**

Two-Day Instructor
Certification Workshop
December 7 & 8, 2019

Sun style and Yang Style Tai Chi as adapted by Dr. Paul Lam is a safe and effective form of exercise for people with Diabetes.

**Presented by TCHI
Master Trainer
Hong Yang**

**SpringHill Suites
Oceanside Marriott
110 N. Myers St.
Oceanside, CA 92054**

Tai Chi for Diabetes

Sat-Sun, 9 am to 4:30 pm

Tai Chi for Diabetes is a program developed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on Sun and Yang Style Tai Chi, it contains 11 basic movements and 8 advanced movements that progress in graduated levels of physical demand.

The program is designed to help improve the control of diabetes and help minimize the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction. Tai Chi can enhance appropriate acupuncture meridians to improve diabetes.

In this instructor certification workshop, participants will:

- Receive instruction in **Tai Chi for Diabetes**
- Learn to teach this specifically designed program for people with diabetes
- Learn how the program helps diabetes
- Learn the Step Wise Progressive Teaching Method
- Learn to teach Tai Chi safely/ improve your own health
- Learn how to start a Tai Chi for Diabetes class in your community
- Network with the Tai Chi for Health community
- Practice leading small groups in the Tai Chi form

Continuing Education Units (CEU)

- **For \$40.00 processing fee: qualified individuals may receive CEU's. Contact Hong Yang for details.**

Who Should Attend?

This two-day workshop is especially suitable for:

- Endocrinologists/medical doctors/nurses
- Physical and Occupational Therapists
- Tai Chi Instructors and Advanced Students
- Other Health Care Professionals
- Exercise & recreational Instructors
- Senior Specialists
- Diabetes Educators
- Other similarly qualified teachers

About the Workshop

Venue: SpringHill Oceanside Marriott

Hours: Fri-Sun- 9:00 – 4:30

Materials you need to study:

1. Dr. Lam's Tai Chi for Diabetes DVD
2. *Teaching Tai Chi Effectively* book or ebook.

Required reading:

Dr. Lam's *Teaching Tai Chi Effectively* book. The ebook can be ordered at Amazon.com. Order the paperback at <http://www.taichiproductions.com/store>

*Those who meet the requirements for instructor will receive an instructor certification. Those not meeting the requirements will receive an attendance certificate and be reassessed for certification after additional practice and at no extra cost. Proof of current CPR/First aid certificate required.

Questions? Linda Scott:
lscott1530@gmail.com or 760-652-9294
Hong Yang: yanghong9922@gmail.com

Registration: mail or online

<https://www.universe.com/24tcd>

Check workshops:

- Tea & Philosophy #2 \$25
- Yang 24 Part 1, \$90/100*
- TCD - Dec. 7-8 **\$245/260***
- Recert TCR, TCA, TCA2, Seated TCA with registration \$40 each
- Each recert/update without registering for any of above is \$140/160* (attend either day Dec. 7 or 8)

Just for Fun (no certification): Sat/Sun

__ Saturday \$75, __ Sunday \$75

__ Saturday & Sunday \$100

***fee after Early Bird Deadline Nov. 1**

Cancellation fee \$50 until Dec. 1,

\$100 after Dec. 1

Name _____

Address _____

City _____

State _____ Zip _____

Cell # _____

E-mail _____

DEADLINE November 15 or when full

Complete this form and mail with check payable to Tai Chi Zen Institute to:

Linda Scott
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Encinitas, CA 92023-1272