

After the Workshop, you will:

- ✓ Demonstrate the Tai Chi set and its Warm Up and Cool-Down set
- ✓ Describe Tai Chi Principles and integrate into activities of daily living
- ✓ Summarize arthritis and TCA program features
- ✓ State ways to safely modify TCA movements for participants' capabilities and limitations.
- ✓ Demonstrate how to teach TCA using the Stepwise Progressive Teaching Method
- ✓ Describe ways to sequence TCA movements to help improve physical and mental performance.

To Receive Your TCA Instructor's Certificate you are Required to:

- ✓ Learn the TCA forms from the DVD to the best of your ability **before** the workshop.
- ✓ Read the selected chapters from TCCE book **before** the workshop.
- ✓ Mail your completed application and questionnaire before the workshop. (To be sent to you upon receiving payment.)
- ✓ Hold a valid first aid or CPR certificate before teaching a class.
- ✓ Pass a short written quiz at this workshop

This Workshop is Designed For:

- ✓ Workplace Wellness and Disease Preventive Managers
- ✓ Senior Center Instructor, Therapist, or Program Director, or Falls prevention teacher
- ✓ Tai Chi Teacher or Advanced Student
- ✓ Allied Health Professional OT or PT
- ✓ Health Professional (RN, MD, DC, DDS)
- ✓ Certified Fitness Trainer, Exercise Instructor, or Arthritis Foundation Instructor
- ✓ Certified Allied Health Assistant

Anyone can benefit from coming to this workshop whether you plan to teach or

Instructor

Cathi Knauf is a Master Trainer for Tai Chi for Health Institute (TCHI) and is from Escanaba, MI. She is professionally trained as an RN, now retired. She began tai chi and qigong in 2004 to help with her arthritis and health. She has been teaching since 2005 and in 2006 began teaching Tai Chi for Health Programs.

Master Trainers bring varied experience in different styles of Tai Chi and forms including Yang, Chen, Sun, and other forms of Qigong. Master Trainers are personally trained and authorized by Dr. Paul Lam to conduct Tai Chi for Health Instructor Workshops.



Dr. Paul Lam creator of TCA and Cathi Knauf MT

www.tchi.org

www.taichiproductions.com

TCA is evidence based CDC and National Coalition on Aging endorsed for Fall Prevention and shows the practice of tai chi has excellent health benefits and very low risk of injury. Because of this, many health professionals are recommending it to their patients. This has increased the demand for classes and instructors. Most facilities do require certification of their instructors.

www.tchc.info



Tai Chi for Arthritis & Fall Prevention Instructor Training Workshop



Facilitated by
Cathi Knauf, BSN
TCHI Master Trainer

Jan 13-14, 2018

Escanaba, MI

What is Tai Chi for Arthritis and Fall Prevention?

Tai Chi for Arthritis (TCA) for Fall Prevention (FP) is a safe, effective and fun exercise program designed by Dr. Paul Lam and a team of Tai Chi and medical experts. TCA uses Sun style tai chi and is easy to learn, yet has much depth for more advanced learners.

Millions of people around the world have gained health benefits from the TCA program. Many scientific studies have shown that the TCA program relieves pain, improves quality of life and makes people feel better.

Clinical and research studies show this program to be safe and effective for people with arthritis. It is endorsed by the **Centers for Disease Control and Prevention (CDC)** as one of their recommended evidence based Fall Prevention programs and is one of the highest level evidence based programs of the Agency on Aging.

Tai Chi Improves:

- ☉ Balance and reduction of falls
- ☉ Muscular strength and stamina
- ☉ Fitness and circulation
- ☉ Posture and body awareness
- ☉ Flexibility and coordination
- ☉ Increased Immunity
- ☉ Levels of pain and stiffness
- ☉ Relaxation and ability to cope
- ☉ Concentration, focus and memory
- ☉ Enhances flow of energy

TCA FP Registration Information

Dates: January 13-14, 2016

Times: 8:30 a.m. – 5:00 p.m.

Location: Community Tai Chi
1401 N 16th St, Suite 219
Escanaba, MI 49829

Please register by Dec 15, 2017

Cancelation fee \$50. Before May 25
Cancelation fee: 50% after May 26
No refund after Dec unless filled by
waitlist. Medical reasons reviewed.

***\$250* TCA FP** Jan 13-14, 2017
\$210 Early Bird Register by Dec 1, 2016
\$125 TCA Update June 26, 2016

Registration Fee includes: E-book TCA
Resource Manual, Qualification Completion
Certificate, light refreshments

***Required Resource Materials (NOT included in workshop price)** A 20% discount code and order information for DVD(s) and the Teaching Tai Chi Effectively Book (TTCE) (or E-book) from TaiChiProductions.com will be sent to participants upon receipt of workshop payment.
DVD: Dr. Lam requires you to purchase and study the entire DVD(s) before this workshop.
TTCE Book: Dr. Lam requires you read selected chapters before attending.

CEU Information

Optional CEU Credits –7 contact hours for each day for PTs/PTAs, OTs/OTAs, RNs, LPNs, LMHT, & ACSM. Please check your licensing agency and TCHI.org listing. **\$25 extra charge**

For More Information Contact:

Cathi Knauf, Master Trainer
(906) 280-1083 cathi@communitytaichi.com
www.CommunityTaiChi.com

Detailed directions and hotel information will be sent to all registered participants.

How to Register:

This is a two-part registration.

Part 1:

Please begin registration online at Tai Chi for Health Institute MT workshop page:

[Escanaba TCA1 update & TCA2/Workshop by Cathi Knauf](#) or www.tchi.org/workshops

Part 2: Submit the included Registration Form/Waiver or request waiver via email or go to:

[Community Tai Chi Workshop Page](#)

Please send registration/waiver form along with a check or money order to:

Cathi Knauf
1401 N 26th ST., Suite 219
Escanaba, MI 49829

Board Certification

This is an annual fee and allows you to teach TCHI programs. You will be invited via email after the workshop. You MAY NOT teach unless you are board certified!

\$25AUD or ~\$19USD to be paid to TCHI for board certification, website listing and TCHI organization membership after successful training completion.

PARTICIPANT REGISTRATION AND RELEASE FORM (WAIVER)

Please *Print* Clearly! Take your time!

Full Name:

Phone(s) (ext) (home-work- cell**)

h_____

w_____

c_____

Emails (work- home is required)

Mailing Address:

City_____

State _____ Zip _____

Additional Address:

City_____

State _____ Zip _____

Emergency Contact:

Phone:_____

How did you find out about this workshop?

____ Yes, I want to receive additional information about future Tai Chi events.

ACKNOWLEDGEMENT OF PERSONAL RESPONSIBILITY AND CONSENT

I understand that Tai Chi is a gentle exercise which may enhance my physical fitness and improve my condition. I confirm that my physical condition is fit to safely participate in this workshop.

In consideration for admission (a) I hereby accept full responsibility for and assume the risk of any injuries sustained because of my participation in this workshop or practice or lessons involving Tai Chi and (b) I hereby release and hold harmless Community Tai Chi, Cathi Knauf any other co-sponsoring facility or organization, their respective officers, directors and shareholders, the instructors and all personnel in association with the Tai Chi Workshop for any liabilities, injuries and expenses which may arise as a result of participation in this workshop or practice or lessons involving Tai Chi.

I consent to the use of any photographs or videos taken of me, as well as any feedback or written comments by me in connection with the Tai Chi Workshop, for publicity, promotion, demonstration or other business purposes, in any medium, including the internet, and I waive any right to compensation in connection with such use.

Signature of Workshop Participant:

Date: _____

City Location of Workshop:

Please select : late fees apply after Dec 15

___ \$250 Jan 13/14 TCAFP

___ \$210 **early bird** discount by Dec 15

___ \$125** Jan 14 TCA Update for Certified Instructors (within 2 years). Late fee

___ **\$20 late fee after Dec 15

___ \$40 for 1st Update if attending 2 day workshop. Seated, Energy or Rehab. Extra paper work due

___ \$20 each for the 2nd-3rd Update Paperwork

___ \$50 Just for Fun/Skill Builder **per day** to improve skills. No teaching certificate but will need to prep with the DVD. Receives an attendance certificate

___ \$25 CEUs (optional)

___ Total payment