

## For More Information Contact:

Cathi Knauf, Master Trainer  
(906) 280-1083

[cathi@communitytaichi.com](mailto:cathi@communitytaichi.com)  
[www.CommunityTaiChi.com](http://www.CommunityTaiChi.com)

Local Contact: Kristy Malmsten:  
(906) 475-6266 or

[Seniorcenter@cityofnegaunee.com](mailto:Seniorcenter@cityofnegaunee.com)

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

### How to Register:

Please begin registration online at:

[http://taichiforhealthinstitute.org/workshops/workshop/?workshop\\_id=3789](http://taichiforhealthinstitute.org/workshops/workshop/?workshop_id=3789)

Then a Full Registration Form/Waiver will  
be sent to you to via email or at  
[Community Tai Chi Workshop Page](#)

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

Cathi Knauf  
1401 N 26<sup>th</sup> ST., Suite 219  
Escanaba, MI 49829

If you do not have email please  
contact Cathi via phone.

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[ ] TCA and FP June 25-26, 2016	\$220
[ ] TCA and FP Early bird discount	\$200
[ ] TCA Update only June 26, 2016	\$115
[ ] Just for Fun! No certificate	\$100
[ ] CEU Credits optional Extra Charge	\$25
[ ] Book, DVD required material	\$40 or 45

pick up price or order

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## 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](http://www.tchi.org)  
[www.taichiproductions.com](http://www.taichiproductions.com)

TCA is evidence based CDC 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](http://www.tchc.info)



# Tai Chi for Arthritis & Fall Prevention Instructor Training Workshop



Facilitated by  
**Cathi Knauf, BSN**  
**TCHI Master Trainer**

**June 25-26, 2016**

**Negaunee, MI**

## What is Tai Chi for Arthritis and Fall Prevention?

Tai Chi for Arthritis (TCA) and 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:** June 25-26, 2016

**Times:** 8:30 a.m. – 5:00 p.m.

**Location:** Negaunee Senior Center  
410 Jackson St,  
Negaunee, MI 49866

**Please register by June 1, 2016**

Cancelation fee \$50. Before May 25

Cancelation fee: 50% after May 26

No refund after June 1 unless filled by waitlist. Medical reasons reviewed.

**\*\$220\* TCA FP June 25-26, 2016**

**\$200 Early Bird Register by May 25**

**\$115 TCA Update June 26, 2016**

**Registration Fee includes:** E-book TCA Resource Manual, 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.

**\$25AUD or ~\$19USD extra** (to be paid to TCHI) for board certification and TCHI organization membership after successful training completion.

**CEU Credits** –14 contact hours for CEU PTs & PTAs, OTs and OTAs, RNs, LPNs, LMHT, & ACSM **\$25 extra charge for CEU's**

## 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:

- ✓ 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
- ✓ Senior Center Instructor, Therapist, or Program Director, or Falls prevention teacher
- ✓ Other similarly qualified individuals

**Anyone can benefit from coming to this workshop whether you plan to teach or not.**

**PARTICIPANT REGISTRATION AND RELEASE FORM**

Please *Print* Clearly! Take your time!

**Full Name:**

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

**Emails (work- home)**

\_\_\_\_\_

\_\_\_\_\_

**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 :

\_\_\_ \$220 June 25-26 TCAFP

\_\_\_ \$200 early bird discount

\_\_\_ \$40 for Educational

Materials distributed by local

host (if arranged)

\_\_\_ \$115 June 26 TCA Update

for Certified Instructors (within 2

years). (Encouraged to attend

both days.)

\_\_\_ \$100 Just for Fun. No

teaching certificate but will need

to prep with the DVD. Receives

an attendance certificate

\_\_\_ \$25 CEUs (optional)

\_\_\_ Total payment