

Tai Chi for Arthritis workshop in Darwin

One successful completion of this two-day intensive workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. Tai Chi for Arthritis is a program specially designed by Dr. Paul Lam in conjunction with rheumatologists and tai chi specialists. Based on the Sun style Tai Chi, it is easy to learn, effective and safe. It improves flexibility, muscle strength and integrates the mind and body. Scientific studies have shown this program significantly relieves pain and improves physical function.

At the conclusion of the workshop

- Learn how to teach this program safely and effectively
- Gain knowledge of what is Tai Chi and how it helps people with arthritis
- Be able to perform the 12 movement Tai Chi for Arthritis set

Who is eligible to attend this training?

Suitable participants include: Occupational Therapists, Physiotherapist, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, Health professionals (eg doctors), Accredited Exercise Instructors, Certified Allied Health Assistants

Your trainer

Rani Hughes is an occupational therapist and master trainer in the Tai Chi for Arthritis, Tai Chi for Diabetes and Tai Chi for Kids programs. She has Certificate IV in Workplace Assessment and Training. Rani enjoys teaching and has trained hundreds of Tai Chi for Health leaders. She has taught tai chi for over ten years to a range of people including people with arthritis, diabetes and kids.

Information

Date: Saturday 25 & Sunday 26 September 9am-5pm

Venue: TBC Darwin, Northern Territory

Cost: \$420 per person. Includes Tai Chi for Arthritis DVD, handbook and course notes.

Registration deadline is 10 September 2010.

Cancellation and late registration is subject to a \$20 administration fee.

Registration

Name

Organisation

Address

Suburb Postcode.....

Phone

Email

Payments Methods:

Course Fees \$420

Plus (optional):

Tai Chi music CD Volume 2 (\$20)

Total \$

1. Cheque or money order payable to Rani Hughes Pty Ltd.
4 Ferntree Ave, Warburton 3799
2. Direct Bank Transfer: Rani Hughes Pty Ltd BSB: 063157 Account:
1027 4280. Please note your name on the transaction record.

Enquiries

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