Teaching Tai Chi Effectively  
 with Maureen Miller

- Important Chapters **-**

**Chapter 2 –** What it takes to be an effective teacher

**Chapter 4 -** Safety First

**Chapter 5 –** Becoming an effective Tai Chi teacher

**Chapter 6 -** Stepwise Teaching Method

**Chapter 8 –** Follow through with Tai Chi Principles

**Chapter 11 –** Working with chronic conditions and limited mobility