

# Tai Chi for Health Institute (TCHI)

The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr. Paul Lam and many of his colleagues with the purpose of empowering people to improve their health and wellness through Tai Chi for Health programs. TCHI ensures the quality of training and codes of ethics, it also provides support for instructors and participants. TCHI is a non-profit organization representing all certified instructors/leaders of the Tai Chi for Health programs. It is administered by a democratically-elected director and governing board consisting of master and senior trainers, instructors, participants (or students) and nominated experts.

TCHI programs are supported by many leading organizations and government bodies around the world, including the USA Centers for Disease Control (CDC.gov) and Arthritis Foundations and Administration on Aging. Our instructors are fully trained and shown by over 30 medical studies to be able to teach the respective program safely and effectively.



Proudly supported by the Arthritis Foundation of Australia  
Adapted by the American Arthritis Foundation

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|---|----------|
| Tai Chi for Arthritis and Fall Prevention (TCAFP), part 1 (SAT./SUN.)   | \$300    |
| Seated Tai Chi for Arthritis (STCA), (SAT./SUN.)  | \$225    |
| Tai Chi for Arthritis and Fall Prevention (TCAFP), part 2 – (must have current active part 1 certification) (SAT./SUN.)                 | \$175    |
| Certification Update (SUN.)   | \$100    |
| STUDENT DISCOUNT! (Show current college ID)   | \$50 OFF |
| GROUP RATE OF 4 or More<br>(Must register together. If all in the group not registered by the day of the seminar, regular rate applies) | 10% OFF  |

(NOTE: Price does not include recommended books or DVD)

Payment - [PayPal.Me/GoldCoastAikikaiFL](https://www.paypal.com/merchot/?cgi-bin=olp&cmd=olp_checkout&olp_charset=UTF-8&olp_currency=USD&olp_item_name=GoldCoastAikikaiFL)

More Information - [gcaikikai@gmail.com](mailto:gcaikikai@gmail.com) / 786-245-9035

Order Books and DVD - [www.taichiproductions.com](http://www.taichiproductions.com)



8482 SW 8th Street / Miami, FL 33144 / 786-245-9035

Co-sponsored by:



Nicole Wertheim College of Nursing & Health Sciences  
FLORIDA INTERNATIONAL UNIVERSITY  
Occupational Therapy Department

## Instructor Certification Workshop

Designed by Dr. Paul Lam, M.D.

# SEATED Tai Chi (STCA), Tai Chi for Arthritis & Fall Prevention (TCAFP), Update

### Course Objectives:

- Learn about the essential principles of Tai Chi and experience the health benefits of the TCA program in a safe, comfortable, learning environment.
- Gain essential knowledge about arthritis and fall prevention.
- Learn and be able to demonstrate Warm Up / Cool Down exercises, tai chi walking, qigong exercises to enhance energy and two tai chi practice programs: the six Basic Movements and six Advanced Movements.
- Learn a brief history, three principle styles, basic principles and current research in Tai Chi including the medical benefits of Tai Chi as reported in the medical literature.
- Learn Dr. Lam's teaching methods (Stepwise Progressive Teaching Method) for teaching effectively
- Learn precautions of teaching Tai Chi and learn how to start a TCA class.



Master Trainer:

**Tony Garcia**

**JUNE 8, 2019**

**11:00 am – 6:30 pm**  
(TCAFP Part 1 & 2, SEATED TCA)

**JUNE 9, 2019**

**9:00 am – 5:00 pm**  
(TCAFP Part 1 & 2, SEATED TCA, UPDATE)

**Call or email to register:**

**786-245-9035 / [gcaikikai@gmail.com](mailto:gcaikikai@gmail.com)**

**14 CE Hours for OTs and OTAs**

(Other professions, please contact your license governing organizations)

**SPACE IS LIMITED!!**

**Location: 8482 SW 8th Street / Miami, FL 33144**

## About the Instructor



**Tony Garcia** has studied different styles of Tai Chi for over 20 years in the United States and Australia. He is a Master Trainer for Tai Chi for Health Programs including: Arthritis, Diabetes, Osteoporosis and Back Pain, and Rehabilitation. He also teaches the Yang style Tai Chi and has studied Qigong forms with Grand Master Shifu Jiang Jian-ye, including Qigong for high blood pressure and Chinese yoga with healing Qi. He also studied Qigong with Master Wei Lun Huang. Tony was an instructor with the Taoist Tai Chi Society and studied martial arts for over 25 years. He has a black belt

and taught Tae Kwon Do, as well as having experience with Aikido and Shotokan karate. As an instructor with Alliance Qigong and Internal Arts Inc. he has demonstrated and taught in locations throughout Dade and Broward, including hospitals, fitness centers, universities, retirement homes, public parks, libraries and the Miami-Dade County Mayor's Fitness Programs. Stories of Tony's work have appeared on Channel 7 News, Univision, TVC studios, Google, YouTube, Mega TV, Miami Herald and Sun Sentinel.

## Tai Chi for Arthritis & Fall Prevention (TCAFP)

Dr. Paul Lam and his team of medical and Tai Chi experts designed this program to be safe and effective for people with mild, moderate and severe joint involvement and back pain. It is also appropriate for adults without arthritis who have a higher risk of falling. This form is based on the Sun style of Tai Chi and is called "Tai Chi for Arthritis for Fall Prevention".

This program includes warm ups, cool down exercises and the stepwise teaching method. Tai Chi principles, including those relating to improving physical and mental balance, are practiced. Movements can be modified to accommodate mobility issues for any participant and can be done seated as a starting exercise. This program is easy to learn, effective and safe. It improves flexibility and muscle strength, increases the heart and lung activity, improves posture and balance, decreases pain, and helps integrate the body with the mind.

## Seated Tai Chi for Arthritis (STCA)

This is a modified version of the "Tai Chi for Arthritis" program (see above) and can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life. Health Professionals and care-givers using this program with people with disabilities can share quality time with them while improving their own health. It is suitable for people who are either unable to walk or are required to be seated.

## Saturday, June 8, 2019

Tai Chi for Arthritis for Fall Prevention  
(TCAFP), Part 1

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Tai Chi for Arthritis for Fall Prevention  
(TCAFP), Part 2

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Seated Tai Chi for Arthritis (STCA)

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**10:00 – 11:00 AM**  
REGISTRATION

**11:00 AM – 2:30 PM**  
Introduction / Discussion  
Practice  
Break  
Practice

**2:30 – 3:00 PM**  
LUNCH

**3:00 – 6:30 PM**  
Introduction / Discussion  
Practice  
Break  
Practice

**What to Wear:**  
**Loose, comfortable clothing,**  
**socks, or barefoot.**

**(No tank tops or shorts)**

## Sunday, June 9, 2019

Tai Chi for Arthritis for Fall Prevention  
(TCAFP), Part 1

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Tai Chi for Arthritis for Fall Prevention  
(TCAFP), Part 2

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Seated Tai Chi for Arthritis (STCA)

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Update: TCAFP Part 1 or Part 2

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**8:30 – 9:00 AM**  
REGISTRATION

**9:00 AM – 12:30 PM**  
Introduction / Discussion  
Practice  
Break  
Discussion

**12:30 – 1:30 PM**  
LUNCH

**1:30 – 2:00 PM**  
**TEST**

**2:00 – 5:00 PM**  
Discussion & Information  
Break  
Discussion  
Practice  
Closing / Certificates

***Qualified participants who successfully complete  
and pass the registered course will be accredited  
by the Tai Chi for Health Institute to teach the designated program.***