

## **1st Sept 2017 - Exploring the 24 Forms**

The 24 Form was created in 1956 by the Chinese Sports Committee to popularise tai chi. Today it is the most popular set in the world containing all the essential tai chi principles and special features of Yang Style.

In this workshop Dr Lam will go through form by form explaining the depth and inner meaning. He will give attention to your strengths, what you did well, points of improvement, and the direction to develop your tai chi. At the completion of the workshop, you will be able to progress more effectively and find more enjoyment in your practice.

## **2-3rd Sept 2017 - Exploring the Depth of Tai Chi for Arthritis**

This has been one the most popular workshop around the world over the decade. I will discuss the deeper meanings of tai chi principles and how to incorporate them into your forms. I will explain the ultimate purpose of tai chi and what Qi (vital life energy) is. We will work on using the Yi (mind) to drive the Qi, and the Qi to drive the Jing (internal force).

I will show you how to deliver the Jing and use it to regenerate more Qi. Your tai chi will improve significantly and these techniques are applicable to all tai chi.

This workshop would be, with prior notice, an update for the Tai Chi for Arthritis and other Tai Chi for Health programs.

There is infinite depth in the Tai Chi for Arthritis program - discover how much more power and enjoyment you would gain each time you explore and re-explore the depth!

## **How Will I Benefit from the Workshops**

During the workshop you will have time to share with Dr Lam his 40 years of tai chi experience and his study of Chinese culture relevant to tai chi improvement.

Over 500 medical studies have shown tai chi improves muscular strength, flexibility and fitness; as well as improved relaxation, balance, immunity and other health benefits. However studies don't show anywhere near the full extent of benefits tai chi can bring! Such as empowering you to develop serenity, inner strength and power, leading to more happiness and fulfilment.

Dr Lam incorporates his medical knowledge, tai chi experience and positive psychology to enhance the 24 Forms and TCA. At the completion of the workshop you will understand the sets more deeply, find a clearer path to progress in your tai chi and gain more enjoyment from your practice.

## **Who Can Attend?**

Anyone who is familiar with the 24 Forms for the first workshop and has learned Tai Chi for Arthritis, both instructors and students can participate and gain the benefits. You can expect to expand your tai chi skills in this interactive and friendly environment.

## **Update:**

With prior notice (at the time of registration), you can update your TCA instructor's certificate and/or other Tai Chi for Health certificate/s. You might be required to complete an assignment prior to attending the workshop and pay an administrative fee.

## **From Dr Paul Lam**

Continuing to develop your tai chi will bring more enjoyment and greater health benefits. The most important task is to practice regularly - that will enable you truly feel and understand the inner meaning of tai chi. Here are some hints:

### **Be Fully Engaged**

When a person is fully engaged in an activity then he or she becomes "lost in time". It often happens when an athlete performs at his or her best, or when an artist paints a masterpiece, when your tai chi reaches a new height.

### **Feeling Good Naturally**

The human body resonates with nature and tai chi follows the rhythms of nature, so you will feel serene and powerful.

### **Learning New Skills**

Whether you're learning a new set of forms or improving your forms, your mind will benefit from the stimulation. Enjoy the nice feeling!

### **Getting The Habit**

Set a regular time daily for practice so it becomes a habit. Your mind and body will thank you.

### **Using Mind Power**

Tai chi is an internal art, allow your mind to be open. A closed mind is like a full cup, an empty mind is ready to take in or absorb new knowledge.