

## Reasons to come

- ☉ To enjoy working with Dr Lam and his colleagues
- ☉ To discover more depth and history of the 24 Forms and Sun style.
- ☉ To feel the flow and beauty of tai chi
- ☉ To learn how to use tai chi to improve health and wellness
- ☉ To improve your tai chi
- ☉ To enjoy exploring the inner meaning and insights of tai chi
- ☉ To meet many other tai chi enthusiasts
- ☉ To update your TCA and other Tai Chi for Health instructor's certificates
- ☉ To experience the near magical power of TCA, and to cultivate qi more effectively, and how to use delivery of jing to generate more qi (for the TCA Depth workshop)

## About Dr Paul Lam

Dr Lam, an Australian family physician and tai chi expert, is a world leader in the field of tai chi for health. He loves teaching and is one of the most sought after teachers.

Dr Lam must be the first person in history to have travelled over one million miles for the purpose of teaching tai chi. Many enjoy learning from him so much so that they travel thousands of miles year after year to attend his workshops.

Dr Lam is the author of several books on tai chi and best-selling instructional tai chi DVDs. His tai chi programs are supported by Centers for Disease Control and Prevention, and health departments and arthritis foundations around the world. Millions of people have improved their health and wellness by learning his programs.

## The 24 Forms and Exploring the Depth of TCA

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### Payment options:

**1. Online:** [www.taichiforhealthinstitute.org/workshops/](http://www.taichiforhealthinstitute.org/workshops/)

**2. Make cheque payable to:**

Nuala Perrin

9 Longwood Close

Lytham, Lancs, FY8 4RW, UK

### Fees

1st Sept - Exploring 24 Forms: £120 **OR before 23 July: £105**

2-3rd Sept - Depth of TCA: £225 **OR before 23 July: £195**

**BOTH WORKSHOPS (less £30) £315 OR before 23 July: £270**

Cost includes, certificate and morning and afternoon tea

### Location

Imber Court Sport Club, Ember Lane, Molesey

### Watch an introductory video on Depth TCA at:

<http://www.youtube.com/watch?v=jJudA-0PFPY>

**Schedule:** 9 a.m. - 5 p.m. daily

**Clothing:** Wear loose comfortable clothes and flat shoes suitable for exercise.

### Local Contact

Veronica Ashcroft

Email: [trueimage@talk21.com](mailto:trueimage@talk21.com)

Phone: 0791 2 888 955 or 0208 398 4971

To register online go to: [www.tchi.org](http://www.tchi.org)

# Tai Chi Workshop with Dr Paul Lam



## Come to one or both:

1st September 2017  
Exploring the Yang 24 Forms

2nd – 3rd September 2017  
Exploring the Depth of  
Tai Chi for Arthritis (TCA)

### Venue:

Imber Court Sports Club  
Ember Lane,  
Molesey KT8 0BT

### Local Contact

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