



**FEBRUARY 7 & 8, 2021
4-6 PM EST
EXPLORING THE DEPTH
OF TAI CHI FOR
ARTHRITIS & FALL
PREVENTION**

Join Dr. Lam and colleagues to Experience the Power and Magic of Tai Chi.

Dr. Lam loves sharing the enjoyment and health benefits of tai chi. He has found the key elements of tai chi to help you develop your art with over 40 years' experience and research.

You can expect to improve your tai chi significantly and acquire useful skills and knowledge at his friendly interactive workshops. You will enjoy working with Dr Lam and his colleagues.

SAVE THE DATE(s)!

**Exclusive LIVE
workshop for North
Carolina TCA/FP
Instructors**

Workshop offered
at no cost, but
pre-registration is
required

TCA/FP and
TCA Part 2 Updates
Available for an
additional fee*

***QUESTIONS?**

Contact: Nicole Hiegl
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Agency on Aging
nhiegl@hccog.org

www.highcountryaging.org

Dates: Feb. 7 & 8th, 2021

About the Workshop

Dr. Lam will discuss the deeper meanings of tai chi principles and how to incorporate them into your forms. He will explain the ultimate purpose of tai chi and what Qi (vital life energy) is, and work on using the Yi (mind) to drive the Qi, and the Qi to drive the Jing (internal force).

Dr. Lam will show you how to deliver the Jing and use it to store and regenerate more Qi. Your tai chi will improve significantly. These techniques and knowledge are applicable to all forms of tai chi.

Millions of people around the world have learned Tai Chi for Arthritis; many would like to progress further. You can develop your tai chi and gain greater health benefits at this workshop. There is infinite depth in the Tai Chi for Arthritis program - discover how much more power and enjoyment you can gain as you explore and re-explore the depth!

The Science of TCA

In preparation for the workshop, Dr. Lam has also graciously offered access to his Science of Tai Chi for Arthritis & Fall Prevention workshop. This link will remain active for a few weeks only: <https://youtu.be/zbfes9EO6f0>

Registration

Email Nicole Hiegl at nhiegl@hccog.org for registration details

Workshop Presented By

