

**TAI CHI for ARTHRITIS (TCA) WORKSHOP**  
**(October 18 & 19, 2014)**

With

**Master/Trainer RALPH DEHNER**

**Indianapolis, Indiana**

**REGISTRATION** *(please print legibly)*

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

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

City/State \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: (H) \_\_\_\_\_

Email \_\_\_\_\_

CEUs - (circle one) OT \_\_\_\_\_ PT (Ohio only) \_\_\_\_\_ ACSM \_\_\_\_\_

**WHO IS ELIGIBLE TO PARTICIPATE?**

Although previous Tai Chi experience is not essential for TCA Part 1, suitable participants include:

- Physical Therapists or Occupational Therapists and Assistants
- Rheumatology professionals
- Tai Chi teachers and advanced students
- Certified exercise instructors
- Other health professionals

**WHAT IS TAI CHI FOR ARTHRITIS?**

Tai Chi for Arthritis, designed by Australian family physician Paul Lam, is based on the Sun style Tai Chi. Easy to learn, effective and safe, it increases flexibility, muscle strength, and heart/lung activity, aligns posture, improves balance, and integrates the mind and body.

Scientific studies conducted by Seoul National University in 2003 and the Arthritis Foundation of New South Wales in 2001 have shown this program to be safe and effective. Thousands of people with arthritis have gained pain relief and a better quality of life from learning and practicing TCA.

**ABOUT RALPH DEHNER**

Certified by Dr. Paul Lam as one of 20 Master/Trainers\* in the United States, Ralph has been teaching TCA and other forms of Tai Chi for a number of years in the Greater Cincinnati area and workshops throughout the country and abroad.

\*Master Trainers have been chosen by Dr. Lam for their "high level tai chi ability, communication skills, and suitable qualifications and personalities." They have completed Dr. Lam's intensive training, and work closely with and are authorized by him to conduct instructor's workshops. Master Trainers are required to be updated every two years.

**LOCATION:**

Community Healthplex Sports Club  
3660 N. Guion Rd.

Indianapolis, IN 46222

**Questions about the venue** - Sally Brindle, O (317) 920-7416 F (317) 920-7404  
[sbrindle@healthplexsportsclub.org](mailto:sbrindle@healthplexsportsclub.org)

**METHOD OF PAYMENT**

Check or money order (no credit cards) for \$245 for early registration if received by September 5, 2014, \$275 after the 5th. Cancellations are subject to a \$20 administrative fee. No refunds for cancellation after October 15th.

**CEUs** - This course is approved for Ohio and Indiana OT & Ohio PT professionals as well as through the American College of Sports Medicine for 13 CEUs.

CEUs must be requested in advance and there is an additional \$20 charge.

Please make payment payable: **Ralph Dehner**

**Contact/Registration:** Register online at [www.taichiforhealthinstitute.org](http://www.taichiforhealthinstitute.org) and send payment to - Ralph Dehner, 5927 Embassy Drive, Fairfield, OH 45014, (513) 519-0559 email - [ralph.dehner@juno.com](mailto:ralph.dehner@juno.com)

Members of the Tai Chi for Health Community (TCHC) receive 10% off workshop fee

**CLASS SCHEDULE**

**Saturday: 9 a.m.–5:00 p.m.**

**Sunday: 9 a.m.–5:00 p.m.**

There will be a tea break both mornings and afternoons.

Lunch will be on your own

**WHAT TO WEAR:**

We suggest loose, comfortable clothing and flat shoes (**shoes are required**), suitable for exercise.

#### WHY ATTEND THE WORKSHOP?

- To learn and/or improve your Tai Chi.
- To improve your health.
- To gain possible continuing education credits
- To learn the following...

#### WHAT YOU WILL LEARN IN THE WORKSHOP:

- The 12 movement Sun style Tai Chi in both directions.
- How to teach this program effectively and safely, and thus help people with arthritis.
- How to start a TCA class.
- General information about arthritis
- How Tai Chi works to improve health and arthritis and how to present it to doctors and organizations.
- The necessary precautions that should be taken in teaching Tai Chi.
- The Stepwise Progressive Teaching Method
- The essential principles of Tai Chi
- How to improve your level of Tai Chi
- How you can work for or in conjunction with the Arthritis Foundation.

#### IF YOU WISH TO RECEIVE AN INSTRUCTOR'S CERTIFICATE

Please fill in and mail the enclosed application form along with your registration. Those seeking Instructors' Certificates must be able to perform the first 6 forms **independently and safely** as well as be able to perform the second six forms with the group by the conclusion of the workshop. Those unable to show competency will receive an attendance certificate, but can continue to work toward certification under the guidance of the Master/Trainer.

**Working with Dr. Lam's DVD (included in your registration fees) "Tai Chi for Arthritis", prior to attending the workshop, is required and a pre workshop questionnaire must be turned in by October 15<sup>th</sup> 2014.**

Additional Booklets, DVD's, and poster charts can be purchased from Dr. Lam's web site: [www.taichiproductions.com](http://www.taichiproductions.com) at a discount after the workshop.

Participants not receiving Instructors' Certificates will receive Certificates of Attendance.

## **A Two Day Instructors' Workshop**

**Instructor:  
Ralph Dehner  
Authorized Master Trainer**

**Tai Chi For Arthritis – October 18 & 19, 2014**