

# Seated Tai Chi for Arthritis



## Instructor Workshop

The **Tai Chi for Arthritis** program is an evidence based exercise proven to reduce pain and to improve strength, balance & flexibility.

**Seated Tai Chi for Arthritis** is helpful for anyone with pain, balance or mobility concerns that limit or prevent standing and walking. It is used in facilities worldwide to promote relaxation, flexibility, strength and balance. The simple “Basic Six Movements,” are fun, effective and safe. Anyone can do it!

Master Trainer Ileina Ferrier will add a special fall prevention component for seated participants in this Kauai training workshop.

The Tai Chi for Health Institute and it's founder Dr. Paul Lam have developed this program utilizing Sun style tai chi movements. These movements are performed slowly, smoothly and with continuous flow anyone can practice for health & wellness.



**ILEINA FERRIER**, Master Trainer,  
Tai Chi for Health Institute

Ileina travels internationally to present for the TCHI and to train TCHI trainers. She collaborates with the State of HI Injury Prevention Dept., HI DOH, AARP, SILVER&FIT® and is a member of Hawaii's Fall Prevention Consortium.

### REGISTER ONLINE AT:

[www.tchi.org](http://www.tchi.org) under the pull down menu “Master Trainers’ Workshop Calendar”

Please mail check payable to **ILEINA FERRIER** to:

Ileina Ferrier  
98-1277 Kaahumanu St., Ste 106  
Aiea HI 96701

### **Seated Tai Chi for Arthritis Instructor Workshop**

*Date:* June 27 - 28, 2015

*Time:* 8:30 - 4:30

*Location:* North Hawaii Community Hospital  
Conference Room  
67-1125 Mamalahoa Hwy  
Waimea, HI 96746

*Contact for information:*

Ileina Ferrier  
taichialoha@gmail.com

**Registration fee is \$205 for the two day workshop.**

**\$20 discount for Certified TCA Instructors or SILVER&FIT® Instructors.**

**This is an approved ACSM course for CEC's.**

**Registration deadline: June 1, 2015**

Payment confirms registration and a Welcome Packet will be sent to you. Includes 20% discount code to purchase Seated Tai Chi for Arthritis instructional dvd for your learning and practice prior to workshop.

Scholarships are available to qualified health professionals seeking certification as Tai Chi for Health Institute Instructors. Call **Stanley Michaels** at the Department of Health **(808) 733-9202** for scholarship information.

\*\*\* Some participants will begin Friday, June 26 - time will be advised upon registration - and return on Sunday, June 28 8:30am - 4:30pm.



**SILVER&FIT**   
ENDORSED