



## FALL PREVENTION TAI CHI

### BASIC MOVEMENTS AND TEACHING METHOD INSTRUCTOR CERTIFICATION WORKSHOP



## Registration/Application

**October 24 & 25 (Tues. & Wed.), 2017 9:00 am - 5:00 pm each day  
(attendance both days is required for certification)**

**Registration deadline: September 30, 2017**

**Location: Capital City Grange, Montpelier, VT**

**Authorized Trainers: Martin Kidder [marty@oaktreetaichi.com](mailto:marty@oaktreetaichi.com),**

**Annie Bower [anniebower@yahoo.com](mailto:anniebower@yahoo.com), Ellie Hayes [grhayes1956@comcast.net](mailto:grhayes1956@comcast.net)**

Cost: \$250.00 for those who will be volunteer instructors with Age Well, the workshop's sponsor. All others pay \$300 (billable to your agency or employer if arrangements have been made).

Healthy snacks and beverages will be provided both days. Attendees should bring their lunch (or we can provide a list of nearby restaurants). Tai Chi Vermont will help arrange overnight accommodations with local tai chi instructors for those coming from a distance. Otherwise, transportation and overnight expenses are the responsibility of the attendee.

Upon registration, attendees will be sent a Teaching Tai Chi Effectively book and a training DVD (cost included in registration fee; value approx. \$35). Having the DVD means each person can practice extensively at home to learn the basic movements before attending the workshop and thereby get maximum benefit from the two-day experience. We also want people to read the book chapters on safety and on the "stepwise-progressive teaching method" before the workshop. (The rest of the book is really good too!!)

Workshop fee includes 3-4 free full-day skill-builder workshops per year you can attend during your two-year term of certification at various locations across the state. We encourage attendance at these as they provide special skills, opportunities to practice forms, network with other instructors, and continue developing as a tai chi teacher and practitioner.

**For more information check out our website: [www.taichivermont.org](http://www.taichivermont.org)**

***Note: Our follow-up certification in the "Advanced Movements" will be held Friday, January 12<sup>th</sup>. Please mark your calendars now so that you can continue your learning.***



Other relevant experience you think will help you as a tai chi instructor?

Why do you want to teach this program? What benefits would you like to gain from teaching?

What support do you anticipate needing to help you provide tai chi classes?

If you have prior tai chi certification, when was that received and from what organization?

In which towns/locations would you prefer to teach?

- Payment of \$300.00 included? (Check made out to Tai Chi Vermont, Inc.)  Yes  No
- Send invoice to Sponsor:  Yes  No  
Check your sponsor below:  
CVCOA   
NEK Council   
Senior Solutions   
SVCOA   
SASH

**Other Sponsor/Employer? Please print name and address clearly below**

If you have particular concerns or questions about this certification workshop, please let us know and we will try to respond to them as we plan the details of the workshop. Thank you.

Tai Chi Vermont, Inc. is a non-profit organization incorporated in the state of Vermont. We run instructor training workshops, quarterly skillbuilder workshops, and mentor our certified instructors, working cooperatively with the Agencies on Aging in Vermont and with SASH (Support & Services at Home). Our comprehensive website is easily accessible at [www.taichivermont.org](http://www.taichivermont.org)