



REGISTRATION FORM FOR JANUARY 12, 20178
FALL PREVENTION TAI CHI ADVANCED MOVEMENTS WORKSHOP

Instructors: Ellie Hayes and Anne Bower
Time: May 1, 8:30-4:30

Location: Montpelier/Barre--TBA

Please send both pages of this form to either Ellie Hayes or Anne Bower:

Ellie: ehayes@cvcoa.org

Anne: anniebower@yahoo.com P.O. Box 74, So. Pomfret, VT 05067

Please print neatly or type—thanks!

Name _____

Mailing Address _____

Best phone number for contacting you _____

Emergency contact phone _____

Your Email _____

List below your prior Tai Chi experience (certifications and classes taken)

List below your previous Tai Chi teaching experience

Participants in this workshop are expected to practice the “Advanced Movements” (“brush knee” sequence to left and right) using disc 2 of the DVD set provided for an earlier workshop. Practicing BEFORE this workshop will allow for maximum learning during the actual workshop.

Please check here to indicate you understand this _____.

During the workshop we will focus on knowing these movements, review the “Basic Movements,” and continue improving our teaching techniques, making sure we model all movements safely and effectively.

Tai Chi Vermont will provide snacks and beverages during the workshop. However, you'll need to bring your own lunch (or you can buy it nearby during the lunch break).

Your Tai Chi Vermont certification will be good for two years from the date of this workshop. During this two year period, you are entitled to take any of our quarterly "Skillbuilder" workshops. These provide Tai Chi practice and often focus on special aspects of the forms and teaching them; they also provide a fun way to network with other instructors and learn from each other.

Workshop Cost:

For those affiliated with an Agency on Aging or SASH, your agency will be billed for your participation, but it's always good to check with them to make sure about this.

For those affiliated with neither an Agency on Aging or SASH, the fee is \$150. But please check with your employer – possibly they will support this cost. Tai Chi Vermont can send invoice; just write below the name and address for doing that.

For those who have *previously been certified in the Advanced Movements*, you can take this workshop as a refresher (and be newly certified for another two years). Cost is \$75. Please check with your agency or employer to make sure they will support this cost.

Tai Chi Vermont, Inc. is a nonprofit organization dedicated to training, certifying, and mentoring Tai Chi instructors throughout the state. We work with the state's five Agencies on Aging and SASH (Support and Services at Home) so that volunteer instructors can offer Tai Chi classes in their service areas and facilities.

www.taichivermont.org

Phone: 802-457-2877