



## **FALL PREVENTION TAI CHI LEVEL ONE MOVEMENTS AND TEACHING METHOD**

### **INSTRUCTOR CERTIFICATION WORKSHOP**

**May 4 & 5 (Sat. & Sun.), 2019**

**9:00 am-5:00 pm each day (attendance both days is required for certification)**

**Registration deadline: April 5, 2019**

**Location: Brattleboro Memorial Hospital**

**Authorized Trainers: Anne Bower & Elizabeth Wirls**

Cost: \$250.00. This includes 2-disc DVD and teaching book you will receive before the workshop, along with snacks both days. Cost also includes free full-day skill-builder workshops each year 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.

If you wish to teach as a volunteer for one of Vermont's five Area Agencies on Aging, in which case your tuition can be paid through that Agency, you MUST contact the Agency first and sign up with the folks there.

If you want to teach as an "independent" a check for \$250 should accompany your registration or be mailed separately. If teaching at a senior residence or other work place, we can provide billing if you provide contact information.

**For more information about our training methods and our organization, tai chi and related practices, please check out our website: [www.taichivermont.org](http://www.taichivermont.org)**

***Note: Our follow-up one-day certification in the "LEVEL TWO (formerly known as Advanced Movements)" will be held August 20<sup>th</sup>. Please mark your calendars now so that you can continue your learning.***

**Important: You are required to be familiar with the Level one forms prior to attending this workshop! Without this "pre-learning" it is unlikely you will have success at the workshop. That's why we send you the DVD to practice with. During the workshop we'll be discussing safety issues and we'll work on our teaching method too; the book, *Teaching Tai Chi Effectively* by Maureen Miller and Paul Lam, has excellent chapters on these topics (and lots of other good information).**

**May 4 & 5, 2019 Fall Prevention Tai Chi Level One  
Basic Movements & Teaching Method Workshop**

**PLEASE FULLY COMPLETE ALL SECTIONS OF THESE TWO PAGES as fully as possible.**

**TYPE OR PRINT CLEARLY. Email to Elizabeth at [ewirls@bellsouth.net](mailto:ewirls@bellsouth.net) or send via U.S. Postal service to her at 70 Van Patten Parkway, Burlington, VT 05408.**

Today's Date: \_\_\_\_\_ Do you currently own a copy of the TCA DVD? **Yes No**  
(If you check **no** we will mail it and the book, *Teaching Tai Chi Effectively*, to your home address)

**CONTACT INFORMATION**

Full Name:

Job Title:

Organization (Employer or Agency):

**Complete** work address:

Work phone:

**Complete** Home Address:

Home Phone:

Cell Phone:

Can you accept texts? Yes No

Email:

For correspondence, should we contact you at worksite? Or at home? (circle preference)

**EXPERIENCE and BACKGROUND**

What professional or volunteer experience have you had leading health, fitness, or exercise classes, conducting workshops or speaking in public?

What other teaching experience have you had?

What experience have you had as a student of tai chi or other exercise forms?

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 DUE:

- Payment of \$250.00 included? (Check made out to Tai Chi Vermont, Inc.) Yes No
- If you are RE-TAKING this workshop for some reason, the fee is reduced to \$125.00. Please be sure to let us know when you originally took your first workshop in tai chi.
- Agency sponsorship: place check mark to indicate billing to Area Agency on Aging or SASH **(make sure to sign up with Agency first):**

Senior Solutions: [cwisniewski@seniorsolutionsvt.org](mailto:cwisniewski@seniorsolutionsvt.org); 802-885-2655 \_\_\_\_\_

CVCOA: [kpaquet@cvcoa.org](mailto:kpaquet@cvcoa.org); 802-479-0531 \_\_\_\_\_

NEK Council: [kbudde@nekouncil.org](mailto:kbudde@nekouncil.org); 802-748-5182 \_\_\_\_\_

SVCOA: [awhite@svcoa.net](mailto:awhite@svcoa.net); 802-786-5990 \_\_\_\_\_

Age Well: [emarks@agewellvt.org](mailto:emarks@agewellvt.org); 802-865-0360

SASH: [rogers@catherdralsquare.org](mailto:rogers@catherdralsquare.org); 802-363-7957

**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, skillbuilder workshops, and mentor our certified instructors, working cooperatively with the Agencies on Aging in Vermont, SASH (Support & Services at Home), and other organizations. Our comprehensive website is easily accessible at [www.taichivermont.org](http://www.taichivermont.org)