



**Tai Chi Vermont—Level Two Movements Certification
Workshop Registration
FALL PREVENTION TAI CHI**

Monday, April 8, 2019, 9 a.m.-5 p.m.-- Aldrich Library, Barre

Led by Authorized Trainers Anne Bower & Elizabeth Wirls

Workshop Content: Focused Learning on the Level Two Movements (see second disc of the DVD you already have) with some review of Level One Movements as well.

During this workshop, the Trainers will carefully assess each participant's ability to safely model and perform all the Level Two Fall Prevention Tai Chi movements. If we feel someone isn't ready for full certification, we'll award a Provisional Certificate instead, with recommendations for further learning and review for full Certification.

*As soon as possible, please send both pages of this form to Elizabeth Wirls by email or USPS:
ewirls@bellsouth.net; Elizabeth Wirls, 70 Van Patten Parkway, Burlington, VT 05408.*

Name _____

Mailing Address _____

Best phone number for contacting you _____

Emergency contact phone _____

Your Email _____

Organization for which you'll be teaching—check one

Age Well _____ CVCOA _____ SVCOA _____ Nek Council _____ Senior Solutions _____

SASH _____

Other: Please fill in name and complete mailing address:

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

List below your previous Tai Chi teaching experience

Participants in this workshop are expected to practice the “Level Two” movements before the workshop. We have found that those who don't practice adequately sometimes don't earn a full certificate.

During the workshop we will focus on learning how to teach these movements, review the earlier parts of the form and work a bit also on our teaching techniques.

Tai Chi Vermont will provide snacks and beverages during the workshop, but you'll need to take care of your own lunch. If you have special food restrictions (re the snacks), please let us know.

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 “Skillbuilder” workshops. These provide Tai Chi practice and often focus on special aspects of the forms and teaching them; they're also a fun way to network with other instructors and learn from each other.

Workshop Cost

Cost for this one-day workshop is \$125

Cost if RE-taking this workshop is \$75

If you are affiliated with one of the Area Agencies on Aging or SASH, please check with that agency to make sure they'll support the cost of your certification/recertification. Tai Chi Vermont will invoice each agency after the completed workshop.

Tai Chi Vermont, Inc. is a nonprofit organization dedicated to training 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 P.O. Box 74, South Pomfret, VT 05067