



**Tai Chi Vermont—Level Three Certification/Recertification
Workshop Registration
FALL PREVENTION TAI CHI
September 9-10, 2019 Capital City Grange, outside Montpelier**

**Led by Authorized Trainers Anne Bower, Suzanne Lemire
Other Trainers may also be on hand either day**

Participants who are taking their first certification in Level Three need to attend both days. Those who have already been certified in all 3 segments of Fall Prevention Tai Chi may attend on the second day only, if so desired, or may attend for both days for a deeper learning and reviewing process. (We highly recommend attendance both days for maximum review and learning.)

During this workshop, the Trainers will carefully assess each participant's ability to teach using our step-by-step teaching method, and to safely model and perform all the 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.

We will supply snacks but ask that you bring your lunch with you (microwave and fridge available).

As soon as possible, please send both pages of the following form to Suzanne Lemire by email or USPS:

63 Carriage Way, Colchester, VT 05446; sdl1953@comcast.net

If you have questions about the workshop, don't hesitate to email at anytime (you can also call Anne at 802-457-2877).

Between the time you register and the actual workshop we will send out periodic emails, and of course you'll get the usual monthly Tai Chi Vermont e-newsletters too.

Registration deadline: August 5, 2019 for those certifying at Level 3 for the first time. When you register we'll send you the TCA2 DVD with which to practice (This contains the movements we use for Level 3). We want you to have enough time before the workshop to pre-learn the Level 3 movements to the best of your ability.

Registration deadline for those recertifying at Level 3 is August 20.

Note: Whether certifying or recertifying, your Levels 1 and 2 are also renewed.

Sept. 9 and 10, 2019 Level 3 Certification/Recertification, Capital City Grange

Please type or print clearly throughout this form—thanks!

Name _____

Full Mailing
Address _____

Best phone number for contacting you _____

Emergency contact phone _____

Your Email _____

Organization for which you'll be teaching _____

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 Three” movements before the workshop. We have found that those who don't practice adequately sometimes aren't ready for full certification.

If you need a copy of our practice DVD (Tai Chi for Arthritis 2) please check here and a copy will be sent to you without cost. _____ Yes, I need the DVD.

During the workshop we will focus on learning how to teach these movements, review the earlier parts of the form, and continue improving 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 the two day workshop: If this is your first certification in all 3 segments: \$250 (this includes a copy of the TCA2 DVD if you need one).

Cost for two day Recertification (if you have prior full certification in all 3 segments within past 3 years): \$125

Cost for Recertification attending second day only: \$125

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.

If you wish to pursue this training and are not going to be a volunteer/staff with one of these Agencies or SASH, please indicate your affiliation below, and provide billing address. Of course, contact your employer or organization to make sure they will cover your cost.

If you are taking this workshop independent of an agency or employer, please include your full payment with your registration, with check made out to Tai Chi Vermont.

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

P.O. Box 74, South Pomfret, VT 05067

