

## About LINDA ARKSEY

As a qualified Remedial Massage and Manipulative Therapist, Linda became initially interested in Tai Chi and Qi Gong in 1984 whilst working with Ice Skaters.

Over the next few years Linda became a qualified Tai Chi instructor in Yang style 24, 42 and sword forms and used this knowledge in her busy Complementary Health Clinic, and as an Ice Dancing coach.

In 2004 Linda had the pleasure of joining Dr Paul Lam in Stockport (United Kingdom) where she attended her first Tai Chi for Arthritis workshop. Since this time Linda has trained to become a Master Trainer in several Tai Chi for Health Programs.



## Reasons to come

- Learn how to teach this program to people with or without Arthritis.
- Learn how Tai Chi works for health.
- Learn how to teach Tai Chi safely.
- Learn how to teach Tai Chi effectively.

## Who is Suitable?

Anyone is welcome to attend, but in order to be certified as an instructor, please check the recommended qualifications listed below.

- Nurses and Arthritis professionals.
- Physical therapists, physiotherapists and care workers.
- Tai chi teachers or advanced students
- Exercise instructors
- Other similar professionals

## Other requirements

It is a requirement to learn the Tai Chi movements by studying Dr. Lam's DVD Tai Chi for Arthritis (12 lessons) before attending the workshop.

This can be purchased via [www.taichiproductions.com](http://www.taichiproductions.com) by entering the discount code you will receive when your payment is received.

*Instructors/Leaders  
Training Workshop*

# Tai Chi for ARTHRITIS



Tai Chi for Arthritis  
for Fall Prevention

November 9th -10th, 2017

With Master Trainer

Linda Arksey

Burlington - Wisconsin

## What is Tai Chi for Arthritis for Fall Prevention

The Tai Chi for Arthritis for Fall Prevention Program is the same as the Tai Chi for Arthritis program which was recommended by The Centers for Disease Control and Prevention, and is evidenced based. Both programs have exactly the same movements and incorporate Tai Chi principles for improving health and wellness, as well as being proven effective for fall prevention. The former has even more emphasis on fall prevention while the later more on Arthritis.

Tai Chi for Arthritis for Fall Prevention is a program specially designed by Dr Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on the Sun Style Tai Chi, it is easy to learn, effective and safe. It improves flexibility, muscle strength and integrates the mind and body. Scientific studies have shown this program to significantly relieve pain, reduces falls, improve physical function and will improve the health and quality of life. It is suitable for almost anyone.

## Date and Times

Date: November 9th - 10th , 2017  
Time: 9am - 5pm Thursday  
(Registration from 8:30am)  
9am - 5pm Friday

## The Venue

Midwest Tai Chi  
442 S Pine St  
Burlington  
WI 53105

## What to Wear

We suggest loose, comfortable clothing and flat shoes (shoes are required), suitable for exercise

## Local Contact

**Ron Pfeiffer - Senior Trainer**  
262-903-7012  
Email [wi\\_ron@yahoo.com](mailto:wi_ron@yahoo.com)  
[www.taichiron.com](http://www.taichiron.com)

## Master Trainer

Linda Arksey  
Email [Linda.Arksey@LAClinic.com](mailto:Linda.Arksey@LAClinic.com)

## TCAFP Registration Form

Please Print Legibly

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail: \_\_\_\_\_

## Workshop Payments

Please mail this form with your check or money order payable to:

Ron Pfeiffer,  
Midwest Tai Chi  
442 S Pine St  
Burlington, WI 53105  
Attention: Ron Pfeiffer  
Email [wi\\_ron@yahoo.com](mailto:wi_ron@yahoo.com) for details of online payments

## Workshop Cost

\$200 - Special price.

\$25 CEU's are available for this workshop tick for details

