

## About Silver Lotus Training Institute

Silver Lotus Training Institute, located in Lewes, Delaware, is a holistic center for healing arts. We have programs in Svadhyaya Yoga, Tai Chi, Qigong, Yoga Therapy and Psychotherapy. Our in-depth Yoga Teacher Training is registered with the National Yoga Alliance, and we offer both 200- & 500-hour level programs.

At Silver Lotus, Svadhyaya Yoga™, Tai Chi and other complimentary systems of health such as acupuncture are viewed as integral aspects of health and wellness. When done in conjunction with Western medicine including use of medications, physical and psychotherapies, an individual can improve overall functioning and maintain better health throughout the aging process.

## About Patricia Lawson



Pat has practiced martial arts for over 30 years, and Tai Chi for over 18 years. A Tai Chi Gold and Silver medallist, she also holds a second-degree Black Belt in Kung Fu and was an assistant instructor in Judo and Mas Oyama's Karate. In 1999 she learned about the Tai Chi for Arthritis program, which she studied under Paul Lam, M.D., and is now a Master Trainer for the Tai Chi for Health programs. She served as the former President of the Tai Chi for Health Community, a national non-profit organization to improve the quality of peoples' lives through tai chi for health programs. Owner and Chief Instructor of Better Health Tai Chi Chuan in Stuart Florida, Patricia teaches Tai Chi in the Florida Treasure Coast area and, with a team of Master Trainers, provides USA Instructor training workshops under the direction of Paul Lam, M.D.

*Silver Lotus Training Institute*

1307 Savannah Road  
Lewes, DE 19958  
(302) 381-0585  
[www.SilverLotusTrainingInstitute.com](http://www.SilverLotusTrainingInstitute.com)



# Tai Chi for Arthritis

## Instructors' Certification Workshop

Designed by Dr. Paul Lam, MD.

**Instructor: Patricia Lawson**



**Thursday thru Saturday  
March 31, April 1 & 2, 2011  
Rehoboth Beach, Delaware**



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## What is *Tai Chi for Arthritis*?

*Tai Chi for Arthritis (TCA)* is a form of Tai Chi, specially designed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts.

Based on Sun style Tai Chi, *Tai Chi for Arthritis* is easy to learn, effective and safe. It increases flexibility, muscle strength, and increases heart/lung activity, aligns posture, improves balance, and integrates the mind and body.

A number of clinical studies have shown this program to be safe and effective. Thousands of people with arthritis have gained pain relief and better quality of life from learning and practicing TCA.

Learn more about Dr. Lam's Tai Chi for Health Institute and the benefits of Tai Chi for Arthritis at [www.taichiforhealth.com](http://www.taichiforhealth.com).

## Reasons to Come

- To help people with arthritis.
- To learn a safe and easy form of the Sun style Tai Chi and/or improve your Tai Chi.
- To improve your own health.
- To understand how Tai Chi works for health and arthritis, and how to present it.
- To experience Dr Lam's teaching methods.
- To learn precautions of teaching Tai Chi.
- To learn how to start a TCA class.
- To learn how to facilitate support from arthritis foundations and other organization.

## Who Is Eligible to Participate?

Although previous Tai Chi experience is not essential, suitable participants include:

- Physical therapists, physiotherapists, occupational therapists
- Tai Chi teachers and advanced students
- Rheumatology, other health professionals
- Exercise instructors, fitness professionals

## Registration & Enquiries

This three-day workshop will cover Parts I & II of the Tai Chi for Arthritis program. Persons who successfully complete the TCA course will be accredited with Dr Paul Lam's Tai Chi for Health programs to teach the TCA program as a safe and effective form of exercise in the community.

### Contact:

Susan Hamadock  
(302) 381-0585  
Email: [info@silverlotustraininginstitute](mailto:info@silverlotustraininginstitute)

### Website:

[www.silverlotustraininginstitute.com](http://www.silverlotustraininginstitute.com)

### Schedule: TCA Part I and II

March 31, April 1 & 2, 2011  
9 am – 5 pm each day  
Coffee/tea breaks provided.

### Location: Rehoboth Beach, Delaware

**What to Wear:** loose, comfortable clothing and flat shoes, suitable for exercise.

### Tuition: \$325

## Comments

"I find this workshop well designed and comprehensive, the teaching techniques are critically useful. The beauty of this short Sun style set is that people can feel the energy really quickly, they can say, yes there is something for me right now!" *Professor Vince McCullough, CA, USA Tai Chi teacher for over 20 years*

"Thank you so much for enlightening me and increasing my ability to help others."  
*Jenny Clark. Utah. USA*

## Registration Form

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

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

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

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

\_\_\_\_\_ (Cell)

\_\_\_\_\_ (Work)

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Cost: \$325**

Please make checks payable to Silver Lotus Training Institute, and mail with registration form to:

Silver Lotus Training Institute  
37288 Eleventh Street  
Rehoboth Beach, DE 19971

Or you may register and pay online at  
[www.silverlotustraininginstitute.com](http://www.silverlotustraininginstitute.com).



Member of  
**Tai Chi for Health Community**

