

Susan Hamadock, MA, MSW, LCSW-C, E-RYT 500, Certified Tai Chi Instructor, is the Program Director and founder of Silver Lotus Training Institute. A former professional classical ballet dancer, she taught ballet, modern dance, and has extensive study in labanotation, anatomy and physiology and applied kinesiology at both the college and professional levels. She founded the Institute in 1993 and has been training students and teachers in Svadhyaya Yoga™ since then. In 2000, her developing interest in Tai Chi took her to China, where she studied the practice. She has also studied in Australia and the United States, and continues to study with such esteemed trainers as Dr. Paul Lam and Dr. Roger Janhke.

In 1985, Susan earned a Masters Degree in Social Work and began to integrate Body/Mind Psychology into her clinical practice. At present she has incorporated the healing power of Yoga, Tai Chi and Qigong into her clinical work and has developed a unique program referred to as Tai/Yo/Qi™. She has authored a curriculum for Yoga Teacher Training and is expecting to complete her first book, entitled *Tai/Yo/Qi – The Best of Supreme Healing From Withi*, in 2010. *Susan's personal and professional commitment is to enhance these healing modalities by incorporating the strongest aspects of each.*

For more information about any of the Silver Lotus Training Institute programs, call us at (302) 644-0130 (ext. 8), or visit www.SilverLotusTrainingInstitute.com



Silver Lotus Training Institute
1307 Savannah Road
Lewes, DE 19958



Tai Chi, Qigong, & introducing... Tai/Yo/Qi™



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Silver Lotus Training Institute

Programs for Health and Wellness

Silver Lotus Training Institute specializes in the therapeutic application of the practices of Classical Hatha Yoga, Tai Chi, and Qigong.

Throughout the year, we offer weekly classes in Tai Chi for Arthritis, Tai Chi for Diabetes, Tai Chi-Easy, the Yang Style 24 Form, the Moving Stillness Fan Form and the Sun Style 73 Form. We also incorporate various Qigong practices into every class.

In addition, we offer a Chair Chi Class for those who have problems that limit mobility or the ability to stand for one hour.



**This year we are excited
to announce two
new programs!**



Tai Chi & Qigong Leadership/Teacher Training Program

For students who have a passion for Tai Chi and Qigong and who want to share that passion with the broader community.

This Introductory Teaching Program will be offered over one weekend. Students will be prepared to lead an abbreviated Tai Chi form and incorporate qigong from a chair or standing.

Tai/Yo/Qi™ (pronounced "tie-yo-chee")

This is a synthesis of the strongest aspects of Tai Chi (Yang Style) Qigong and Classical Yoga.

Classes or individual sessions include breath training, powerful yet gentle yoga stretches, Tai Chi flowing forms, meditation and Qigong.

Additional Offerings

Call for more information about these additional offerings with Susan Hamadock.

- Private Tai Chi/Qigong instruction
One hour - \$70
- Therapeutic individual Tai/Yo/Qi™ sessions
One hour \$70.00 (after Jan 1, 2010)
- Integrated Psychotherapy for Adults
One hour - \$110



***Special Introductory Offer through
December 2009!***

Tai/Yo/Qi Private Classes

- Individual trial session: \$40.00
- Small group of your friends or family: \$40.00