

## PROGRAM DESCRIPTION

### The Tai Chi Fundamentals® Program (TCF)

The first program of its kind, it provides a clear, systematic approach for mastering Tai Chi basics that builds from simple to complex patterns of movement. Integrates mind/body components of Tai Chi with clinical overview, movement analysis, therapeutic & functional applications. Provides a prequel to a lineage tai chi form, and creates a bridge between tai chi practice and the medical model.

**Program Elements:** movements are taught in a motor development progression. Includes simple movements that can be practiced with walkers and have been modified for wheelchair use. Includes three elements:

- **Movement Patterns:** graded sequence of exercises with symmetrical arm movement that reinforce functional Movements repeated throughout the Tai Chi form.

Introduced in a motor development sequence, they have applications both as assessment and intervention tools.

- **Fundamentals Form:** sequence of simple to more complex movements of modified Yang Style Tai Chi .

- **Mind/Body Principles:** foster mind/body integration; enhance breathing, relaxation, sensorimotor skills, proprioception and sense of well-being.

**Development:** in 1996 by Tricia Yu, MA and Jill Johnson, MS, PT, targeting elements from traditional tai chi that enhance balance, coordination, strength and endurance.

**The TCF Program has been featured in:** *PT Journal, Journal of Rehab Management, The Gerontologist, APTA's GeriNotes, Medline Plus, Topics in Geriatric Rehabilitation, Journal of Asian Martial Arts, Wellness Program Management Advisor, American College of Sports Medicine's Health and Fitness Journal, and Massage and Bodywork.*

## OTHER LEVEL ONE and TWO SEMINARS

March 20-21, 2010, Milwaukee WI

September 25-26 2010 Milwaukee WI

Instructor, Patricia Culotti 262-662-1060

For schedule visit: [www.enhancingbalance.com](http://www.enhancingbalance.com)

## LEVEL THREE SEMINARS

Prerequisite: Levels 1 & 2.

For further information contact Dr. Rosenberg at

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

## CERTIFICATION

Requirements: 30 contact hours, application, fees, demonstration of movement proficiency, written exam. At least 6 months practice and study before applying.

Complete information & application: [www.taichihealth.com](http://www.taichihealth.com)

## REGISTRATION: TCF Seminar Levels 1 & 2

*I am registering for the following date and location:*

\_\_\_ **April 17-18, 2010, Danville, VA**

\_\_\_\_\_  
Name Title/Credentials

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

**I wish to register for:** *Please Select One*

\_\_\_ \$310 Entire Course

\_\_\_ \$185 Level 1 only (Saturday)

\_\_\_ \$185 Level 2 only (Sunday)

\_\_\_ \$30 assessed if registering fewer than 20 days  
in advance of workshop

\_\_\_ 50% discount for Certified TCF Instructors

\_\_\_\_\_ **TOTAL Registration**

**Course Materials:** *DVD Format Only*

\_\_\_ \$120 Complete Program Set or

\_\_\_ \$50 Personal Practice Set

\_\_\_\_\_ **GRAND TOTAL Enclosed**

**Course Inquiries call 434-791-5768**

*Checks payable to: David I. Rosenberg, Ph.D., LCP*

*Mail registration to:*

*LifeCourse Wellness*

*P.O. Box 11722*

*Danville, VA 24543*

**Refund Policy:**

*\$50 cancellation fee up to 20 days prior to seminar date.*

*No refunds after 20 days prior to seminar date.*

# T'ai Chi Fundamentals

## Professional Training Seminar Levels One and Two

**April 17-18, 2010, Danville, VA**

Applications for Therapeutic Exercise,  
Wellness and Function

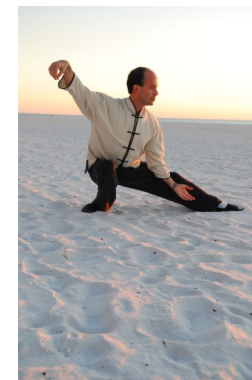
*Provides you with tools for applying Tai Chi  
in your practice as a health care provider.*

**Prerequisite:** None, Open to Beginners

**Options:** One or Two-day Course

**Instructor:** David I. Rosenberg, Ph.D., LCP, CTI

*VPTA\* Approved 12 Contact Hrs.*



\* Virginia Physical Therapy Association. Provider #P0986



# Tai Chi Fundamentals® Program Professional Training Workshop Levels One and Two

## Applications: Therapeutic Exercise, Wellness and Function

### COURSE DESCRIPTION

*Prerequisite: None. Open to Beginners*

This interactive seminar provides you with tools and skills to begin applying tai chi in your practice. The course teaches you, in a motor development progression, to perform basic movements of tai chi, and to apply tai chi as an assessment and intervention tool.

The course combines lecture, movement labs, qigong training and discussions on biomechanics, applications and documentation.

This course qualifies as partial contact hours fulfillment for *TCF Instructor Certification Levels One and Two*. For more information see CERTIFICATION.

### COURSE OBJECTIVES

- 1) Demonstrate the 12 TCF Movement Patterns
- 2) Perform first section of the TCF form
- 3) Describe TCF's medical, biomechanical & functional benefits
- 4) Apply tai chi as therapeutic exercise for rehabilitation and wellness programs
- 5) Document tai chi as part of therapeutic treatment intervention
- 5) Guide basic exercises for sensing qi

### APPLICATIONS

Balance dysfunction, orthopedic and neurological rehabilitation, pain management, sports cross training, cardiovascular and respiratory diseases, medically complex, chronic fatigue, fibromyalgia, and special populations. Use in hospitals, sub-acute, outpatient clinics, and home care. Teach groups of all ages and fitness levels in community wellness classes, health clubs, tai chi & martial arts schools, senior centers and long term care facilities.

### AUDIENCE

Physical and Occupational Therapists, Nurses, Activity Directors, Recreational and Fitness Professionals, Tai Chi and other Martial Arts Instructors, and Alternative Health Practitioners

### FEES

**2-day Course: \$310 1-day Course: \$185**

**\$30** late fee & no refunds after registration deadline date

### REQUIRED COURSE MATERIALS

**Complete Program Set: \$120\*** includes the following 2 sets:

- o **Professional Set:** *TCF for Health Professionals and Instructors* text and video/DVD.
- o **Personal Practice Set:** *Tai Chi Mind & Body* text and *TCF: for Mastering Tai Chi Basics* instructional video/DVD

*\*You may purchase the Personal Practice Set only (\$50) if you do not want materials that include biomechanics analysis. Complete Program Set is recommended for Certification in TCF.*

### COURSE CONTENT

- TAI CHI OVERVIEW:
  - o Background: history and cultural perspective/philosophy
  - o Researched evidence
  - o Elements: body mechanics, mind/body integration, holistic balance and harmony
- SUPINE APPLICATIONS: Breath awareness, relaxation and pain management
- SEATED APPLICATIONS: Breathing and relaxation exercises and sensing Qi
- STANDING APPLICATIONS:
  - o Breathing, posture and functional relaxation
  - o Flexibility, strengthening of upper and lower extremity
  - o Mobility: ambulation, weight shifting and transitional movements
  - o Neuromuscular re-education: spinal stabilization and coordination
  - o Balance: double and single leg
- PROGRAM ADAPTATIONS
- PROGRAM APPLICATIONS
- CERTIFICATION INFORMATION

### COURSE INSTRUCTOR:

**David I. Rosenberg, Ph.D., LCP, CTI, RMT**

Dr. Rosenberg completed his graduate studies in Counseling Psychology at Virginia Commonwealth University in 1993, and he has been a member of the faculty at Averett University for the past fourteen years where he is a Professor of Psychology. He has maintained a clinical practice for over ten years, and his areas of specialization include mind and body wellness, stress and pain management. Dr. Rosenberg is also the Director of the Formula 5® Chronic Pain Rehabilitation Program. He completed Level 4 Certification in T'ai Chi Fundamentals under Tricia Yu of the T'ai Chi Center in Madison, WI, and has been a member of the instructional staff of the Danville Yoga & Meditation Center for the past six years. He also studies and practices Qigong and Yang style T'ai Chi Chuan, and is a certified Reiki Master Instructor/Therapist.

**WEBSITE:** [www.lifecoursewellness.com](http://www.lifecoursewellness.com)

### LODGING INFORMATION:

Danville (434) 791-5768 [david.rosenberg@lifecoursewellness.com](mailto:david.rosenberg@lifecoursewellness.com)

### AGENDA

#### DAY ONE:

#### Level 1: Instruction in All Movement Patterns

8:30 am On-Site Registration  
 9:00-10:15 Tai Chi Overview and Evidence Movement Lab with Analysis:  
 Section 1 Movement Patterns  
 10:30 Supine and Seated Breathing Exercises Movement Lab with Analysis:  
 Complete Section 1  
 Sensing Qi Seated or Standing  
 Noon LUNCH  
 1:15-3:00 Mind/Body Components of Functional Relaxation Sensing Qi Applications Movement Lab with Analysis:  
 Complete Section 2  
 3:15 Therapeutic Applications Documentation and Reimbursement Movement Lab with Analysis:  
 Complete Section 3  
 4:45 ADJOURN

#### DAY TWO:

#### Level 2: Instruction in Form Part One, Movement Pattern Review

9:00- 10:15 Sensing Qi Seated or Standing Group Wellness Applications Movement Lab: Review All Patterns Sensing Qi with Arm Movement  
 10:30 Movement Lab: Beginning Form Mind Body Principles of Tai Chi Integrating Tai Chi into Treatment  
 Noon LUNCH  
 1:15-3:00 Supine or Seated Mindfulness Sensing Qi with Arm Movement Movement Lab: Form Section 1  
 3:15 Educating Community Certification Information Movement Review: Flow Form  
 4:45 ADJOURN