



PESI sponsored retreat located at Sedona Mago Retreat Center, Sedona, AZ



# TAI CHI FOR FALL PREVENTION

## RETREAT & INSTRUCTOR CERTIFICATION

In 5 days at the beautiful Sedona Mago Retreat Center near Sedona, Arizona, not only will you **be eligible to become a certified Tai Chi for Arthritis and Fall Prevention instructor** but leave feeling restored, revitalized and ready to return to your deeply meaningful work.

Tai Chi combines low-impact exercises you can easily use safely with patients. The practice puts profound emphasis on breathing, relaxing, and focusing the mind in specific postures. Benefits include:

- Improve flexibility and balance to prevent falls
- Reduce stress and anxiety
- Strengthen cardiovascular system
- Decrease chronic pain
- Recover from injuries and surgeries faster

**This training opportunity is a MUST if you work with patients who need easily adaptable and non-invasive exercises—and an opportunity to practice Tai Chi in a serene setting.**

Your retreat presenter has trained extensively with Dr. Paul Lam and risen to Master Trainer Status, providing you the research and benefits of Tai Chi. Most importantly, he will guide you step-by-step through specialized movements, so you can teach your patients an enjoyable exercise without the use of equipment.

In addition, these 5-days will bring an inner calmness to your life, restoring you mentally and physically so that you can be the best practitioner your patients need.

Set yourself apart from other practitioners and let patients and colleagues know you’ve invested the extra time and effort necessary to provide treatment at the highest level!

**Limited availability! Register today at [pesirehab.com/express/67943](https://pesirehab.com/express/67943)**

## Retreat Instructor

**Ralph Dehner, COTA, CPT**, after 17 years as the director and program coordinator of the Mighty Vine Wellness Club, a nonprofit wellness center serving the mental health community, has stepped into a consultant’s role. As a Certified Occupational Therapy Assistant (COTA) and a Certified Personal Trainer (CPT), his clinical experience includes rehabilitation and injury prevention through behavior modification, exercise, work simplification, and functional activity.

Mr. Dehner started studying internal martial arts in the early 1970s and is a certified master/trainer for Dr. Paul Lam’s Tai Chi for health programs in the USA. In addition, he is certified as an instructor for such courses as Tai Chi for Rehabilitation, Tai Chi for Arthritis and Fall Prevention, and Tai Chi for Diabetes.

Mr. Dehner has taught both Qi Gong and Tai Chi in hospitals, cancer centers, nursing homes, senior centers, integrative medicine centers, and mental health facilities. In conjunction with his vast experience, he has presented several conferences, such as the National Autism Conference, Ehlers-Danlos Syndrome Conference and the Inaugural International Tai Chi for Health Conference (Seoul, So. Korea). Mr. Dehner is also an experienced program developer who has produced and presented training courses on such topics as fall prevention, Tai Chi for OTs, and integrative medicine in mental health. He received his BS in holistic studies with a concentration in wellness management from Union Institute and University. Mr. Dehner is a member of the American Occupational Therapy Association, American Council on Exercise, International Association of Reiki, and Tai Chi for Health Community of America.

**Speaker Disclosures:** Financial: Ralph Dehner has an employment relationship with Mighty Vine Wellness Club. He receives a speaking honorarium from PESI, Inc. Non-financial: Ralph Dehner is a member of the American Occupational Therapy Association; the American Council on Exercise; International Association of Reiki; and Tai Chi for Health Community of America.

# How to Register

Tai Chi for Fall Prevention  
Retreat & Instructor Certification

Choose the easiest  
registration method for you:

ONLINE	<a href="https://pesirehab.com/express/67943">pesirehab.com/express/67943</a>
PHONE	800-844-8260 Please have credit card available
FAX	800-554-9775
MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

**1 Please complete entire form** (to notify you of retreat changes):  
*please print; staple duplicate forms.*

Name _____
Profession _____
Address _____
City _____
County _____
State _____ Zip _____
Home/Cell Ph ( _____ ) _____
E-mail address _____

**Registrant email required to receive your certificate of completion and registration confirmation.**

## 2 Tuition and 4-night stay (67943SED)

October 30–November 3, 2019  
*Registration closes October 16th*

- ☐ Early bird by 9/25/19 \$1,799 per person
- ☐ Standard \$1,999 per person

## \*\*Bring a friend and SAVE \$200 each!

Tuition and 4 night stay, double occupancy\*

- ☐ Early bird by 10/9/19 \$1,599 per person
- ☐ Standard \$1,799 per person

To register for double occupancy, please submit both registration forms at the same time  
Roommate’s name: \_\_\_\_\_

### Tuition Includes:

- 4-Night Stay
- Cuisine (3 meals daily) Health-ful Pesco-Vegetarian
- 2 Months FREE Access to Tai Chi Digital Pre-study Course
- CE Certificate & Course Manual

## 3 Please indicate method of payment.

<input type="checkbox"/> Check enclosed payable to <b>PESI, Inc.</b>	Card Number: _____
<input type="checkbox"/> Am. Exp. (15 Digits)	Card Expires _____ / _____ V-Code #: _____
<input type="checkbox"/> VISA (13-16 Digits)	Signature _____
<input type="checkbox"/> MC (16 Digits)	
<input type="checkbox"/> Discover Novus (16 Digits)	

_____ Total
-------------

For cancellation policy, FAQ and additional details go to:

[pesirehab.com/express/67943](https://pesirehab.com/express/67943)

Become  
Certified

# Tai Chi for Fall Prevention Retreat & Instructor Certification

October 30-November 3, 2019  
Sedona Mango Retreat Center  
Sedona, Arizona



Become a Tai Chi for Arthritis & Fall Prevention instructor  
through Dr. Paul Lam's Tai Chi for Health Institute  
& Earn up to 20 CE Hours!

★★★★★

The course was the most useful and  
applicable of any CE course I've taken.

\_\_\_\_ Catherine, OT \_\_\_\_

★★★★★

The class was so practical that I used it  
immediately with my patients.

\_\_\_\_ Melissa, DPT \_\_\_\_



Free Access  
to a Digital  
Pre-Study Course

Register today! [pesirehab.com/express/67943](https://pesirehab.com/express/67943)



# Retreat Content

## Unlock the Power of Tai Chi *Who and How Tai Chi Benefits*

The latest research on Tai Chi  
Recommendation from the CDC and  
Arthritis Foundations across the globe  
Effective movements you can use  
immediately to:

- Prevent falls
- Build muscle strength, which supports and protects joints
- Increase stamina
- Enhance flexibility and balance
- Optimize mobility and function
- Reduce arthritis and back pain
- Improve posture/memory/relaxation
- Decrease stress and anxiety

## Essential Principles to Remember

Improve upper body/lower body  
coordination

- Make the movements slow, even, and continuous
- Gentle resistance

Be mindful of your body/center of gravity  
awareness to improve balance

- Be aware of weight transference
- Importance of upright position, if possible

Be mindful of your mind

- Stay focused on each movement so that the internal and external are integrated

## Tai Chi: Why It Is Important to Keep Safety in Mind

What environment is ideal for teaching  
Tai Chi?

Realize the limitation of your patient, even  
if they don't recognize it

## Incorporate Tai Chi into Your Practice

Where to start – assess your patients' ability to perform certain movements

Motivate your patients toward recovery  
with 3 methods:

- Choice theory
- Positive psychology
- Mindfulness

Affecting rehab outcomes positively

Group exercise – LAB

- Warm-up exercises
- Cooling down exercises

Coding and billing tips to get the most out of  
reimbursement

## Teaching Your Patients and The Community at Large

Role play the Stepwise Progression  
teaching method  
Precautions and modifications  
Taking it to the street – community classes

## Hands-On Demonstration and Lab *Introducing the 12 Forms Sequence, Step-By-Step*

Warm-up exercises  
Step-by-step instruction of each  
movement

6 basic movements

- Commencement
- Open and close
- Single whip
- Waving hands
- Open and close
- Closing

6 advanced movements

- Brush knees
- Playing the lute
- Parry and punch
- Block and close
- Push the mountain
- Open and close

Cool-down exercises

## Group Therapy Program (*Sun Style Tai Chi*)

Adaptations for knee, joint, and balance  
limitations

## Seated Tai Chi

Build strength and flexibility for  
non-ambulatory patients

## Post-Test For Certification

*Demonstrate Safe and Independent  
Performance of the 12 Movements*



# Objectives

1. Analyze the history of Tai Chi principles and practices.
2. Explain the relevancy of Tai Chi in the rehab clinical setting.
3. Articulate the link between chronic arthritis pain and fall risk.
4. Utilize safety precautions for Tai Chi in rehab.
5. Apply the Stepwise Progression Teaching Method during treatment.
6. Teach the movement, body, and internal principles of Tai Chi for effective progress.
7. Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits.
8. Practice the dan tien breathing method to promote relaxation.
9. Utilize weight transference techniques to improve balance.
10. Apply situational focus in Tai Chi practice, encouraging mental alertness.
11. Demonstrate Sun style of Tai Chi with application of lab.
12. Teach modifications for participants of different movement abilities.
13. Practice Tai Chi adaptations specific for fall prevention.
14. Define the international fall reduction statistics directly related to Tai Chi programs.
15. Independently apply the basic styles of Sun style of Tai Chi by the end of the course to strengthen patients' flexibility, core, and balance.
16. Discuss how to implement a community-wide program teaching others Tai Chi.
17. Demonstrate the six basic movements with application of lab.
18. Demonstrate the six advance movements with application of lab.
19. Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients.
20. Develop practices of incorporating Tai Chi into real-life situations for fall prevention.

## What to Wear:

Loose, comfortable clothing and flat,  
supportive shoes suitable for exercise  
(shoes are required).

# Retreat Schedule

## Wednesday, October 30, 2019

3:00pm	Check-in & tour of the property
4:00–5:30pm	Orientation Education Session*
5:30–7:00pm	Dinner
7:30–8:30pm	Educational Session/Lab Experiential*

## Thursday–Saturday, October 31–November 2, 2019

7:00–8:15am	Breakfast
8:30–11:30am	Educational Session / Tai Chi Instruction*
11:30am–1:00pm	Lunch/Free Time
2:00–4:00pm	Educational Session / Tai Chi Practice*
4:00–5:30pm	Free Time
5:30pm–7:00pm	Dinner
7:00 pm	Optional Reflection / Discussion
8:00 pm	Break for Night

## Sunday, November 3, 2019

7:00–8:15am	Breakfast
9:00–11:30am	Educational Session / Tai Chi Closing*
11:30am–1:00pm	Lunch & Conclusion

\*CE is awarded during these specified times

## Tai Chi Instructor Certification

Upon completion of the digital pre-study course, the hands-on training, and demonstration of safe and independent performance of the 12 movements with General Tai Chi shape by the end of the retreat – you'll be eligible to become a certified Tai Chi for Arthritis and Fall Prevention instructor through Dr. Paul Lam's Tai Chi for Health Institute. Join a growing community of Tai Chi instructors around the world!



## RETREAT LOCATION

Sedona Mago Retreat Center  
3500 E. Bill Gray Rd  
Sedona, AZ, 86336  
(800) 875-2256



## Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 20.00 hours of Category A continuing education.

**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 20.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**PERSONAL TRAINERS:** This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 20.0 contact hours. Partial contact hours will be awarded for partial attendance.

**CALIFORNIA NURSES:** PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 20.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

**CALIFORNIA NURSES ONLY:** PESI must have your license number on file in order for your hours to be valid. While completing the online post-test/evaluation, please answer YES to the question: "Are you a California Nurse?" and include your license number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepsesi@pesi.com to be filed. If you forget to answer yes, please send an email to cepsesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**FLORIDA NURSES:** PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 20.0 contact hours.

**\*FLORIDA PARTICIPANTS ONLY:** To be reported to CE Broker, while completing the online post-test/evaluation, please answer YES to the question: "Do you need your hours reported to FL CE Broker?" and include your complete license number when you are prompted (i.e. MH1234, RN9876543, OT159, etc.). After completing and passing the online post-test/evaluation, your information will automatically be sent to cepsesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepsesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 20.0 contact hours or 2.0 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**FLORIDA OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 20.0 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

**\*FLORIDA PARTICIPANTS ONLY:** To be reported to CE Broker, while completing the online post-test/evaluation, please answer YES to the question: "Do you need your hours reported to FL CE Broker?" and include your complete license number when you are prompted (i.e. MH1234, RN9876543, OT159, etc.). After completing and passing the online post-test/evaluation, your information will automatically be sent to cepsesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepsesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 20.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**ARIZONA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This program has been submitted to the Arizona Physical Therapy Association for review.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 24.0 Contact Hours.

**NORTH CAROLINA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is an approved provider with the Illinois Division of Professional Regulation, Provider Number: 216-00071. This intermediate course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI Inc. approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 6.0 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

**TEXAS PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider #2106032TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas. This activity will provide 6.25 CCUs. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 1200 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

For additional information: [pesirehab.com/express/67943](https://pesirehab.com/express/67943)

**Target Audience:** Physical Therapists • Physical Therapist Assistants • Athletic Trainers • Occupational Therapists  
Occupational Therapy Assistants • Nurses • Nurse Practitioners • Exercise Physiologists • Personal Trainers • Activity Professionals