

## RETREAT HIGHLIGHTS

- Shankara Ayurveda Spa
- Nature Walks & Hiking
- Labyrinth
- Pottery Studio
- 380-acre setting in the peaceful Blue Ridge Mountains
- Plant-based dining
- Incredible landscapes



No Tai Chi experience needed!

# TAI CHI FOR HEALTH AND WELLNESS RETREAT

Discover deep rest and rejuvenation in a pristine natural setting in the Blue Ridge Mountains of Boone, North Carolina. In 4 days at the beautiful Art of Living Retreat Center, **you'll be eligible to become a certified Tai Chi for Rehabilitation Instructor.**

Some of your patients need more than traditional therapy. Yet you still need to use evidence-based practices to be reimbursed for your care. This is your chance to get away, and immerse yourself in the proven effectiveness of Tai Chi!

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

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

Master Trainer in Tai Chi, Ralph Dehner, COTA, CPT, will personally guide you step-by-step through each movement of Tai Chi for Rehabilitation (TCR). By learning these specialized movements, you will be able to teach your patients an enjoyable exercise without the use of equipment. Ralph will equip you with relevant tools and techniques to incorporate into any patient's treatment plans.

Don't miss out on this opportunity to become certified and add this reimbursable therapy to your toolbox. The retreat is organized with plenty of down time for rest, rejuvenation and relaxation. You will leave this retreat feeling restored, revitalized and ready to return to your deeply meaningful work.

Limited availability! Register today at [pesirehab.com/express/70594](https://pesirehab.com/express/70594)

## How to Register

Tai Chi for Health and Wellness Retreat & Instructor Certification

Choose the easiest registration method for you:

ONLINE	<a href="https://pesirehab.com/express/70594">pesirehab.com/express/70594</a>	FAX	800-554-9775
PHONE	800-844-8260	MAIL	PESI, Inc. PO Box 1000 Eau Claire, WI 54702-1000
Please have credit card available			



**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 3-night stay (70594BNE)**  
**August 15-18, 2019**

*Registration closes August 1*

- ☐ Early bird by 7/11/19 \$1,599 per person
- ☐ Standard \$1,799 per person

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

Tuition and 3 night stay, double occupancy\*

- ☐ Early bird by 7/11/19 \$1,399 per person
- ☐ Standard \$1,599 per person

### Tuition Includes:

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

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: \_\_\_\_\_

**3 Please indicate method of payment.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover Novus (16 Digits)

Total: \_\_\_\_\_

Card Number: \_\_\_\_\_

Card Expires: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ V-Code #: \_\_\_\_\_

Signature: \_\_\_\_\_

For cancellation policy, FAQ & additional details: [pesirehab.com/express/70594](https://pesirehab.com/express/70594)

★★ BECOME CERTIFIED ★★

# TAI CHI FOR HEALTH AND WELLNESS & INSTRUCTOR CERTIFICATION RETREAT

August 15-18, 2019  
The Art of Living Retreat Center  
Boone, North Carolina

No Tai Chi experience needed!



Become a Tai Chi for Rehabilitation instructor  
through Dr. Paul Lam's Tai Chi for Health Institute  
& Earn up to 15.5 CE Hours!

In a retreat setting!

Free access to a Digital Pre-study Course!

[pesirehab.com/express/70594](https://pesirehab.com/express/70594)





Retreat Content

TAI CHI: DEFINITION, HISTORY, & RELEVANCE

- What is Tai Chi?
- Benefits of Tai Chi for Rehabilitation
  - Increases muscle strength, which supports and protects joints
  - Increases stamina
  - Increases flexibility
  - Helps balance, thereby reducing falls
  - Improves posture/memory/relaxation
- How to motivate to start the road to recovery: choice theory
- Positive psychology

LAB

- Warm-up exercises
- GROUP THERAPY PROGRAM LAB (Yang, Sun, and Chen Style) - Adaptions for knee, joint, and balance limitations
- Strategies for increasing strength and balance
- Intro of TCR Eight Forms sequence - essential principles for fall prevention
- Cooling-down exercises

TAI CHI: TEACHING SAFELY LAB

- Warm-up exercise
- Deepening your understanding of the Tai Chi movements through the essential principles – improving upper body/lower body coordination, center of gravity awareness to improve balance
- Seated Tai Chi for the non-ambulatory patient
- Cooling-down exercise

HOW TO TEACH EFFECTIVELY

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

Retreat Location

The Art of Living Retreat Center  
639 Whispering Hills Road  
Boone, NC 28607  
800-392-6870  
www.artoflivingreatreatcenter.org

Learning Outcomes

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 the Chen, Yang, and Sun style of Tai Chi with application of lab.
12. Teach modifications for participants of different movement abilities.
13. Practice Tai Chi adaptations for arthritis and fall prevention.
14. Define the international fall reduction statistics directly related to Tai Chi programs.
15. Independently apply the basic styles of Chen, Yang, and Sun style of Tai Chi by the end of the course to strengthen patients’ flexibility, core, and balance.
16. Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients.
17. Develop practices of incorporating Tai Chi into real life situations for fall prevention.

For cancellation policy and FAQ go to: [pesirehab.com/express/70594](http://pesirehab.com/express/70594)

What to Wear:

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



Retreat Schedule

Thursday, August 15, 2019

3:00–4:30pm	Check in
4:30–6:00pm	Introduction/Educational Session*
6:00–7:00pm	Dinner
7:00–7:20pm	AOLRC Orientation
7:30–8:30pm	Educational Session/Lab & Experiential*

Friday-Saturday, August 16-17, 2019

6:30–7:30am	Morning Activity (Optional)
7:30–9:00am	Breakfast
9:30am–12:00pm	Educational Session/Tai Chi Instruction*
12:00–1:30pm	Lunch
1:30–4pm	Educational Session/Tai Chi Practice*
4:15–6:00pm	Individual Activity/Free Time
6:00–7:30pm	Dinner

Sunday, August 18, 2019

6:30–7:30am	Morning Activity (Optional)
7:30–9:00am	Breakfast
9:30am–10:30pm	Tai Chi Warmup*
10:30am–12:30pm	Educational Session/Tai Chi Closing*
12:30–1:30pm	Lunch & Conclusion

Optional FREE Activities Provided by the Retreat Center:

7:30–8:30am	Yoga (Sat only)
4:15–5:15pm	Yoga
5:30–6:00pm	Meditation
7:30–8:15pm	Meditative Chant Kirtan
8:15–9:30pm	Fire Circle (Sat only)

\*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 routine by the end of the retreat – you’ll be eligible to become a certified Tai Chi for Rehabilitation instructor through Dr. Paul Lam’s Tai Chi for Health Institute. Join a growing community of Tai Chi instructors around the world!



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" on this brochure 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 other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As 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 profession's 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 15.5 hours of Category A continuing education.

**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 15.5 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 15.5 contact hours. Partial contact hours will be awarded for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 15.5 contact hours or 1.55 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.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 15.5 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.

**NORTH CAROLINA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is an approved provider with the Illinois Division of Professional Regulation, Provider Number: 216-000071. 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 15.5 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

**OTHER PROFESSIONS:** This activity qualifies for 930 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.

Target Audience:

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

For additional information: [pesirehab.com/express/70594](http://pesirehab.com/express/70594)