

# Chair Chi

## Instructor Training Course

May 1<sup>st</sup>, 2015 Friday

8:30 a.m. – 5:00 p.m.

Completing this training will certify you to teach Chair Chi in your facility.

7 clock hour CE credits, NCCAP

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Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance (walker, wheelchair, movement disorder) to participate and benefit. Those benefits include balance, flexibility, range of motion, strength, energy, pain relief, stress reduction, tranquility and peace of mind.

Pat Griffith is a certified Tai Chi Chuan instructor and founder of Chair Chi. He has been teaching at health clubs, senior and wellness centers and senior living facilities since 1997.

Hosted by Oakwood Village- University Woods Campus

Seminar: \$100, \$20 for manual, \$20 for DVD, total \$140, \$130 if received by April 24<sup>th</sup>, 2015

If you bring a friend \$220 total (seminar, 2 manuals, 2 DVD's, CEC's, certifications)

**WRAP & SWAPA special: \$100 (seminar, DVD, manual, CEC's, certification)**

Cancellation policy: 100% refund up to 10 days prior to seminar, 50% refund 7 days prior to seminar and no refund less than 7 days prior to seminar or no shows.

Dress comfortably.

Continental breakfast included.

Oakwood Village- University Woods

6205 Mineral Point Road

Madison, WI. 53705

Contact and RSVP: Pat Griffith 760-390-8019

chairchi@gmail.com

return with check payable to Pat Griffith, 944 Deodar Road, Escondido, CA. 92026

Name and Facility \_\_\_\_\_

Address \_\_\_\_\_

Phone / e-mail \_\_\_\_\_