

# Chair Chi

## Instructor Training Course

April 29<sup>th</sup>, 2015 Wednesday

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 Maplecrest Manor

Seminar: \$100, \$20 for manual, \$20 for DVD, total \$140, \$130 if received by April 21<sup>st</sup>, 2015

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

WRAP & MEAPA 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 and lunch included.

Maplecrest Manor

150 North Douglas St.

Ripon, WI. 54971

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 \_\_\_\_\_