



TRAINING GOALS AND SCHEDULE

GOALS/ Day 1:

1. Participants will become familiar with all the major Tai Chi Easy™ practices and use the training manual and/or DVD as references for their independent practice.

Day 1 – Friday

8:30 am – 9:00 am	Orientation: Objectives, Training Materials, Schedule, and Logistics
9:00 am – 10:00 am	Origin, history, purpose of Tai Chi Easy™
10:00 am – 10:30 am	Perform Breath practices
10:30 am – 10:45am	BREAK
10:45 am – 12:45 pm	Practice and discuss the Vitality Method (standing)
12:45 pm – 1:30 pm	LUNCH
1:30 pm – 2:00 pm	Practice Tai Chi Easy™ (5 movements, sitting)
2:00 pm – 2:30 pm	Principles of standing Tai Chi practice
2:30 pm – 2:45 pm	BREAK
2:45 pm – 4:45 pm	Practice Tai Chi Easy™ (5 movements, standing, stationary)
4:45 pm – 5:15 pm	Practice Tai Chi Walking (without upper body movements)

GOALS/Day 2:

1. Increase skill/confidence in performing the Tai Chi Easy™ practices
2. Begin to share own practice with a small group
3. Begin to give and hear constructive feedback during the small group practices

Day 2 – Saturday

8:30 am – 9:00 am	Practice Vitality Method (sitting)
9:00 am – 10:00 am	Lead Vitality Method in small groups
10:00 am – 10:15 am	Practice Tai Chi Easy™ (5 movements, standing, stationary)
10:15 am – 10:30 am	Giving/Receiving Feedback and the Bell Curve
10:30 am – 10:45 am	BREAK
10:45 am – 12:45 pm	Lead Tai Chi Easy™ practice in small groups, with feedback
12:45 pm – 1:30 pm	LUNCH
1:30 pm – 2:00 pm	Practice Self-Applied Massage
2:00 pm – 2:30 pm	Practice Meditation (in stillness)
2:30 pm – 2:45 pm	BREAK
2:45 pm – 3:15 pm	The 4 Baskets of Organizing Practice and the Learning Curve
3:15 pm – 3:45 pm	Demonstration of Combined Tai Chi Easy™ (upper body with walking)
3:45 pm – 5:15 pm	Lead Tai Chi Easy™ practice in small groups with feedback



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GOALS/Day 3:

1. Everyone will demonstrate increased skill/confidence in his or her personal Tai Chi Easy™ practice.
2. Those who plan to facilitate groups upon completion of training will focus on leading groups and receiving constructive feedback to increase their skill and confidence with facilitation.
3. Everyone will be encouraged to attend the optional follow-up workshop.

Day 3 – Sunday:

8:30 am – 9:15 am	Practice together (Vitality Method, Tai Chi Easy™)
9:15 am – 10:00 am	Structure a typical group practice session
10:00 am – 10:15 am	BREAK
10:15 am – 12:30 pm	Lead small group practice with feedback
12:30 pm – 1:15 pm	LUNCH
1:15 pm – 2:00 pm	Continue leading small group practice with feedback
2:00 pm – 2:30 pm	Adapt and modify practice sessions
2:30 pm – 3:00 pm	Practice Leader training/certification/200-hr instructor
3:00 pm – 3:15 pm	BREAK
3:15 pm – 4:15 pm	Group Practice of all forms, with modifications
4:15 pm – 4:45 pm	Evaluation
4:45 pm – 5:15 pm	Closing Circle: Sharing experience and intentions for future

For registration questions and workshop information call Nancy Saum at 703-297-1749.