

# HEALTH RECOVERY INSTRUCTOR TRAINING WEEKEND



April 3<sup>rd</sup> to April 5<sup>th</sup> 2020 in London, ON

Spencer Lodge – Scouts Canada

531 Windermere Road

London, N5X 2T1

**Cost:** Free to CTCA Members Only

Optional Meal Cost: \$40



The weekend workshop will focus on how to teach the **Modified Tai Chi set**. The instruction will focus on how Mr. Moy adapted the Tai Chi set for people with mobility issues. The workshop leaders will share their experiences working with Mr. Moy on how to engage with individuals who have difficulty joining a regular Introduction to Tai Chi class.

Some of the exercises that will be practiced include: Supported Tor-yu, Don-yu and Snakes; Seated Set; Rolls; Standing and Seated Jong; and **much more**. Discussions will focus on how to structure a class; getting the most out of each member of the class; teaching a class as a group; utilizing assistants; some do's and don'ts. Teaching resources will be provided including watching some of the historical videos on the adapted Tai Chi set and health recovery exercises. Dedicated Health Recovery Classes and Continuing Classes that integrate health recovery into the class will be discussed.

Participants must have a desire to teach or assist with a class focusing on the modified Tai Chi set as defined by Mr. Moy Lin-shin. The hall size is limited so please register to ensure your acceptance. Participants must be members of the Canadian Tai Chi Academy. The Saturday Lunch (\$10), Saturday Dinner (\$20), and Sunday Lunch (\$10), will be catered on-site with a fixed menu. Vegetarian and Gluten Free options will be available. Please complete the registration form with your meal preference. Meals are optional. Accommodation available near venue.

Instructors who wish to teach a Health Recovery class must submit a letter to the National Instructor Committee before they organize the class.

Contact us at: [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca) or 844-205-6944 Toll Free

More Information at: [www.LondonTaiChi.ca](http://www.LondonTaiChi.ca)

# Registration Form

Health Recovery Instructor Training Workshop  
CTCA Members Only  
London: April 3 to April 5 2020



Name: \_\_\_\_\_ Email: \_\_\_\_\_

Branch: \_\_\_\_\_ Phone: \_\_\_\_\_

**Transportation** (contact us if you need pickup from the bus station or airport):

Own Vehicle       Bus       Train       Plane       Other

Date/Time Arriving: \_\_\_\_\_

Date/Time Departing: \_\_\_\_\_

**Accommodation:**

Ivey Spencer Leadership Centre     Guest House on the Mount       Windermere Manor  
 Not required       Other: \_\_\_\_\_

**Meals** (Please check all attending) Lunch \$10; Dinner \$20:

Saturday Lunch       Saturday Dinner       Sunday Lunch

**Special Diet** (Please check any that apply):

Vegetarian       Gluten Free       Other: \_\_\_\_\_

**Program Itinerary:**

## Friday Apr. 3

6:30 PM Registration  
7:00 PM Supported Exercises:  
Tor-yu, Don-yu, Snakes  
(Part I)  
8:30 PM Seated Meditation /  
Standing Meditation  
10:00 PM Rest and Recover

## Saturday Apr. 4

9:00 AM Play Tai Chi  
9:30 AM Supported Exercises (Part II)  
10:30 AM Coffee/Snack Break  
11:00 AM Supported Exercises (Part III)  
12:00 PM Seated Set (Part I)  
12:30 PM Lunch (Catered on-site)  
1:30 PM Seated Set (Part II)  
3:30 PM Tea/Snack Break  
4:00 PM Assisted Supported Exercises  
5:15 PM Discussion: Class Structure &  
Organization  
6:00 PM Dinner (Catered on-site)  
7:30 PM Rolls & Other Exercises  
9:30 PM Movies  
10:00 PM Snack / Rest and Recover

## Sunday Apr. 5

9:00 AM Play Tai Chi  
10:30 AM Coffee/Snack Break  
11:00 AM Discussion:  
Questions/Answers  
12:00 PM Sleeping Meditation  
12:30 PM Lunch (Catered on-site)  
1:30 PM Seated Set (Part II)  
3:00 PM Discussion: What's Next?  
4:00 PM Farwell / Safe Journey

**Questions?** Contact us at: [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca) or 844-205-6944

## Accommodation Information

CTCA Members Only  
London: April 3 to April 5 2020



### Ivey Spencer Leadership Centre

Address: 551 Windermere Road, London, ON, N5X 2T1

Phone: (519) 679-4546

\$135 / night

Email: [spstaff@ivey.uwo.ca](mailto:spstaff@ivey.uwo.ca)

Website: <https://www.wyndhamhotels.com/dolce/london-ontario/ivey-spencer-centre/overview>

### Guest House on the Mount

Address: 1480 Richmond Street, London, ON, N6G 2M3

Phone: (519) 641-8100, Toll Free (855)806-0186

Email: [info@guesthouseonthemount.ca](mailto:info@guesthouseonthemount.ca)

Website: <http://guesthouseonthemount.ca/>

Queen Bed with Full Bath: \$109/night; 2 Single Beds with Full Bath \$129/night

2 Single Beds or Queen Bed with ½ Bathroom: \$75/night

1 Single Bed or Queen Bed dormitory bathroom: \$59/night

### Windermere Manor

Address: 200 Collip Circle, London, ON, N6G 4X8

Phone: (519) 858-1391

Website: <https://windermeremanor.com/>

### Google Search:

[https://www.google.ca/search?q=hotel+near+531+Windermere+road+london+ontario&rflfq=1&rlha=1&rlia=0&rlhsc=ChYI4d66jMqpqbKpAQjmo9zC74is7\\_oBMAI&rllag=43016465,-81271995,963&tbm=icl&hotel\\_occupancy=1#rifi=hd:2020-4-03,2020-04-05](https://www.google.ca/search?q=hotel+near+531+Windermere+road+london+ontario&rflfq=1&rlha=1&rlia=0&rlhsc=ChYI4d66jMqpqbKpAQjmo9zC74is7_oBMAI&rllag=43016465,-81271995,963&tbm=icl&hotel_occupancy=1#rifi=hd:2020-4-03,2020-04-05)

### Venue Location:

### Spencer Lodge – Scouts Canada

531 Windermere Road

London, Ontario, N5X 2T1

Canada



# Canadian Tai Chi Academy

Unit 203B, 1220 Stellar Drive  
Newmarket, Ontario, L3Y 7B9  
289-366-9956

## Health Recovery Instructor Training Workshop – London Branch

April 3 to April 5 2020

Voluntary Release and Waiver In consideration for being permitted by Canadian Tai Chi Academy to participate in the Academy's Activities, I \_\_\_\_\_ (print name), for myself, my spouse, heirs, legal representatives and assigns, hereby assume all risks for such involvement, and release and discharge the Canadian Tai Chi Academy, its affiliates, agents, officers, and employees, from all liability, claims, demands, actions and causes of action whatsoever, whether known or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity. I enter into this VOLUNTARY RELEASE & WAIVER willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the Canadian Tai Chi Academy from any liability arising from instruction or use of facilities and equipment while engaging in the Academy's activities.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

(Signature of Parent or Legal Guardian Required if Student Is Less Than 18 Years of Age)

### Participant Contact Information

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

### Send Completed Forms:

Scan/Email: info@LondonTaiChi.ca

Fax: 844-205-6944

Mail: CTCA London Branch

37 Beaconsfield Ave

LONDON, Ontario, N6C 1B6