

Course Description:

Clinical Tai Chi- Level I: A System of Balance for Health Professionals

There is a growing interest in the effectiveness of Tai Chi for improving balance, coordination, pain and mental health. Tai Chi is an ancient physical activity in which several studies have demonstrated that it is an effective, evidence-based exercise in reducing pain related to chronic conditions and prevention of falls through improving balance, flexibility, and muscle strength.

This course has an online component and one day course presential designed to be of interest and practical use for Physiotherapists, Occupational Therapists, Rehab Assistants, nurse, LPN, physicians, recreational therapists, Kinesiologists, and students. This course will offer an innovative approach based on a system of balance where the principles of Tai Chi can be applied to your clinical practice. The course is a combination of theory and demonstration with small group practice of Tai Chi movements and postures. Course content can be applied in different practice settings such as private clinics, hospitals, long term care centres, wellness centres and community health centres.

Registration Form:

Name _____

Address _____

City, Province _____
_____ Postal Code

Phone _____

Email: _____

Health Profession: _____

Space is limited. Register early.

Email Registration to:
livebytaichi@gmail.com

Registration Fee:
\$485,00

Payment: by e-transfer to
livebytaichi@gmail.com or credit card
At <https://courses-and-workshops.webnode.com/classes/>

Cancellation Policy:
Until February 28th, 2021, full refund less \$50 administration fee (If the online portion is accessed there is no refund)
CIMA reserves the right to cancel the course in the event of insufficient enrolment or unforeseen circumstances.



**Tai Chi Principles:
A System of Balance
for
Health Professionals**

Course Information:

March 20th, 2021

9 AM – 4:30 PM

Location: TBD,
Halifax/Bedford, NS

Offered by:

**Canadian Institute for Mobility
and Aging**



Additional Information:

- Wear loose clothing and comfortable footwear.
- AM refreshments provided.
- Lunch is on your own.
- Course materials available on the day of workshop.
- Course participation certificate will be provided.



For more information:
www.livebytaichi.ca

Course Objectives:

- To learn the principles of Tai Chi.
- To explore the concept of a “System of Balance” incorporating both Western and Eastern philosophies.
- Discuss the benefits of Tai Chi.
- Incorporate Tai Chi principles and movements into clinical practice.
- Promote health and wellness through the practice of Tai Chi

Course Content:

- History, Styles and Principles of clinical Tai Chi
- Health benefits of clinical Tai Chi
- Review of research / evidence-based information
- “System of Balance”
- Tai Chi postures and movements
- Experiential application of clinical Tai Chi into clinical practice

Instructor:

Dr. Mirella Veras:

Registered physiotherapist in Nova Scotia with a postdoctoral in Rehabilitation Sciences from the University of Montreal. She has over 20 years of experience as a physiotherapist, including as a clinician, consultant, professor, and coordinator of health services. She has a passion for evidence-based exercises to apply in her clinical practice. She is a certified instructor for Tai Chi for Arthritis and Fall Prevention, diabetes. She is also a certified Pilates instructor and certification in exercise for pregnancy and postpartum.

For more information:
www.livebytaichi.ca