



# **Shibashi Tai Chi Qigong**

## **Instructor Training Workshop**

This instructor Training workshop awards a teaching certificate to participants who attend the full 2 day workshop and who fulfil all criterion. The first day of the instructor training workshop is in principle the same as the introductory course. The first day enables instructors to practice the forms and to be a student under the guidance of a Master Trainer that has been teaching Shibashi in the community since 1990 including hospitals, falls and balance units, Age Concern, Arthritis Care, Premier League, Bisham Abbey, Combat stress for war veterans, schools, and many other organisations. This gives them the opportunity to gain a greater skill in their practice of the forms and also to build a bigger picture of the teaching style used to promote safe instruction of this form.

## **Who Can Attend The Course**

Suitable participants for Leader / Instructor qualification include:

- ☉ Tai Chi Teachers
- ☉ Advanced students of 2 years or more
- ☉ Physical therapists or Physiotherapists
- ☉ Health Professionals
- ☉ Rehabilitation specialists
- ☉ Exercise instructors
- ☉ Carers

## **Shibashi Tai Chi Qigong – Instructor Training Workshop**

**Course Fee:** £150

### **Includes:**

- ☉ Shibashi Follow me instructional Video / DVD
- ☉ Written materials
- ☉ Certificate.
- ☉ Morning & afternoon tea or coffee
- ☉ Schedule - see timetable below

*Please wear loose comfortable clothes and flat, light weight shoes suitable for exercise*

## **Registration Deadline**

Due to preparation time required prior to the workshop, the Registration Deadline is 2 weeks before the workshop date. Cancellations and late registrations are subject to a £20 administrative fee. Please read document 'Fee, Terms and Conditions'

# Teaching Certificate

If you wish to be considered for a Teaching Certificate and also in order to get the most out of the weekend it is essential that you work with the DVD/ Video prior to the workshop. Also you must attach proof that your current professional indemnity, malpractice, public & products liability insurance is valid and appropriate to this course. If you do not currently have the required insurance you must understand that you will receive an attendance certificate pending proof of insurance and on production of proof a full teaching certificate will be issued to you.

Further information and proposal forms relating to Insurance **specific** to this course can be obtained on request from [www.holisticinsurance.co.uk](http://www.holisticinsurance.co.uk) Holistic Insurance Services, 183A Watling Street West, Towcester, Northants. NN12 6BX Telephone number 0845 222 2236 Fax Number 0845 222 2237.

## About Lesley Roberts Master Trainer (UK)

Since Lesley Roberts became Master Trainer (UK) for Tai Chi for Arthritis and Tai Chi for Diabetes in for Dr Paul Lam she has been teaching workshops around the world. Throughout her Tai Chi practicing years she has shown great dedication to helping other people. As Master Trainer she is underwritten by Holistic Insurance Ltd and able to offer Teaching qualifications to people attending workshops. Since being first introduced to Tai Chi in 1985 Lesley has been passionate about the art moving away from her career in Information Technology to undertake a variety of classes with Arthritis Care, Combat Stress, Age Concern, Falls and Balance Units, Hospital Day Centers, Mental Health Program, Multiple Sclerosis groups, Parkinson's Society Groups and Carer Groups as well as weekly Tai Chi classes in Shropshire, Cheshire, Staffordshire and Wales.

## Master Trainer

Lesley Roberts  
Rookery Lane Barn, Marchamley, Shrewsbury, SY45LE

**Phone:** 07940 549 306 anytime

**Email:** [Info@lifestyletaichi.co.uk](mailto:Info@lifestyletaichi.co.uk)

**Website :** [www.Lifestyletaichi.co.uk](http://www.Lifestyletaichi.co.uk)

## Registration and Enquiries for UK Workshops

For more information on the UK workshops please contact

Margaret Brade  
Commonweal, 56 Wellington Street, Stockport, Cheshire, SK1 3AQ

**Phone:** 0161 928 4903 (evenings)

**Phone:** 0161 480 5490 (days)

**Email:** [margaret.brade@talk21.com](mailto:margaret.brade@talk21.com)

## Registration Forms

Registration forms are available from [www.lifestyletaichi.co.uk](http://www.lifestyletaichi.co.uk) under SPECIAL EVENTS click on appropriate registration form this can then be printed and completed then posted to Margaret Brade at the above address.

**To prevent delay please complete all information and print clearly.**

Full instructions will then be mailed out to you with your workshop materials. If you are unable to print this form please contact Margaret Brade or Lesley Roberts for a printed copy.

***Early Registration is recommended for all workshops.***

**WORKSHOP TERMS:** Please note this registration is subject to the terms and conditions set out in the Fees, Terms and Conditions information sheet under the workshop link on the website. Please sign below to indicate you are aware of and accept these in full:

# **Typical Timetable for Shibashi Instructor Training Workshop**

## **Day 1 Introduction To Shibashi**

**09.30 - 09.50** Welcome. Introduction.  
**09.50 - 11.00** Warm Up And 'Let's Just Do Shibashi'  
**11.00 - 11.15** Break  
**11.15 - 01.00** Warm Up And 'Shibashi – How To Do The Moves'  
**01.00 - 01.45** LUNCH  
**01.45 - 02.45** Warm Up And Shibashi Practice Group & Individual  
**02.45 - 03.00** Shibashi Seated Form  
**03.00 - 03.15** Break  
**03.15 - 03.30** Relaxation  
**03.30 - 03.40** Fast Massage  
**03.45 - 04.00** Closure

## **Day 2 Teaching Shibashi**

**09.30 - 09.40** Welcome. Recap, Q&A  
**09.40 - 10.30** Teaching Shibashi. Building A Lesson Plan  
**10.30 - 11.00** Practice Shibashi  
**11.00 - 11.15** Break  
**11.15 - 01.00** Individual Practice And Corrections Session  
**01.00 - 01.45** LUNCH  
**01.45 - 02.45** Depth of Forms, Principles of Tai Chi.  
**02.45 - 03.00** Relaxation  
**03.00 - 03.10** Fast Massage  
**03.10 - 03.30** Closure