



Introduction to Shibashi Workshop

Attending a relaxing one day Introduction to Shibashi workshop allows you to explore and get a great insight into the Traditional 18 Movements Qigong with clear guidance and instruction. During the workshop we will do Shibashi together and explore some of the movements in more detail and look at seated Tai Chi too. This workshop is suitable for all, there are regular rest periods and everyone is encouraged to work within their bodies comfort zone. Please understand that I do not teach Prescriptive Tai Chi only as gentle Tai Chi for general health benefits.

- Improved balance
- Stress relief
- A gentle exercise that they can comfortably do
- Better breathing
- Improved mobility and flexibility
- Increased strength
- Better concentration
- Controlled co-ordination
- More confidence
- Enhanced sleeping patterns
- Improved periods of relaxation
- Getting out and enjoying a social activity

The Workshop

This workshop introduces participants to the 18 Movements of Shibashi Tai Chi Qigong, a sequence of 18 movements performed continuously in a rhythmic motion. It is suitable for all ages and all abilities from beginners to long term practitioners. Each Form can be modified to suit the individual for mobility and stamina. Shibashi can be done standing or seated or a mixture of both to enhance the learners progress.

Whilst it is entirely individual, practitioners of Shibashi find that after a reasonable period of practice there are noticeable improvements in their health. Tai Chi Qigong is know to assist people in improving their health even though not the same as a medical Qigong.

Throughout this course Shibashi will be taught as a gentle stimulating movement. This course will not be in any way diagnostic or used to treat specific health conditions of the group or any individual. Nor is it suggested that Tai Chi Qigong can replace treatment recommended by a medically qualified doctor.

(Medical Qigong: Some Qigong is delivered as a diagnosis by a medical doctor who might suggest that a person to hold a particular posture for several minutes to have an effect on a specific condition. By characteristic Tai Chi Qigong is a moving Qigong that more generally helps to stimulate and mobilise energy around the body much like Tai Chi Chuan.)

Who Is this workshop suitable for?

- ☺ EVERYONE!
- ☺ Beginners
- ☺ Tai Chi Teachers
- ☺ Tai Chi Students
- ☺ Physical therapists or Physiotherapists
- ☺ Health Professionals
- ☺ Rehabilitation specialists
- ☺ Exercise instructors

- We also offer a **2 day Instructor Training Programme** for those wishing to learn Shibashi in order to instruct others for which the criterion are different. Please see the Shibashi Instructor Training Workshop Information Sheet.

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'

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.

Tai Chi has also helped her personally overcome the problems of living with Arthritis since a young age. She believes that this rich variety of valuable experience has guided her towards becoming Master Trainer for the UK where she hopes to encourage and inspire others to undertake Tai Chi Practice for a healthy Lifestyle.

Master Trainer

Lesley Roberts
Rookery Lane Barn, Marchamley, Shrewsbury, SY45LE

Phone: 07940 549 306 anytime

Email: Info@lifestyletaichi.co.uk

Website : www.Lifestyletaichi.co.uk

Registration and Enquiries

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

Registration Forms

Registration forms are available from 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 Introduction to Shibashi Workshop Timetable

09.30 - 09.50 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