

## Tai Chi & Qigong Instructor Course - Distance Learning Enrol Now

Become a Certified Instructor- pay only 50% only of the standard marketing rate, book and pay before 24<sup>th</sup> June 2010 !

### Why should I become a Professional Tai Chi and Qigong Instructor?

Teaching is learning and learning is teaching - If you love life, care for your health and want to explore nature and physiology then change and balance your life.

Teach and inspire others as an Professional Instructor.

1. Explore your potential ability, learn and grow with us you will be amazed at what you can achieve.
2. Tai Chi will keep your mind and body in order – reduce stress and the daily pressures of a busy demanding life.
3. Don't pay others to keep yourself fit, have others pay you to keep yourself happy and healthy.
4. Let Tai Chi help you prevent chronic disease, feel the power, not only relaxing but healing too. Common areas that Tai Chi can help you with
  - Stress or depression
  - Headache or migraine
  - Poor sleep or poor memory
  - Feeling tired, or weak limbs
  - Stiff or sore shoulders, neck
  - Digestion problems
  - Diabetes, Arthritis
  - High blood pressure

Tai Chi Fitness Australia is leading the way in introducing the concepts of happy living in sharing. Tai Chi is foundation basic surviving knowledge. It is human's wellbeing – by Sue Chang

Tai Chi and Qigong are part of TCM – Traditional Chinese Medicine, based on the theory of nature law of yin and yang balance. Tai Chi and Qigong has been practised for hundreds of years as martial art in China, modern science has approved that it is one of the best alternative medicine, Not only longevity, but happy and healthy.

The first Chinese medicine book (Huang Di Nijing) said that:

“An ordinary doctor treats diseases. A super doctor treats future disease”.

Be your own "super doctor" start now and treat future diseases.

Theory fundamental study will help you to find the key of happy living; guide you to the philosophy of universe law and nature balance. Change your life from negative to positive – experience the power of Tai Chi and discover your potential abilities.

Positive in thinking leads positive in living. There will be no regrets as you will receive a life time of enhancement, enriched with you Tai Chi learning.

## **Who could become a Professional Tai Chi and Qigong Instructor?**

1. Health care professionals will enrich their knowledge in this powerful alternative medicine.
2. White collar professionals who lead stressful fast paced lives at work: accountants, solicitors, computer programmers – maintain your health along with your career.
3. Leaders, managers, CEO's who want to be successful in business - this is the opportunity for you to rest your mind, create new ideas, and enjoy success.
4. Artistic people who understand music, dance, art and craft. Those who value nutrition and health. Relax your mind and enjoy the beauty of Tai Chi.
5. Teachers - This program will allow you to instil positive life enhancing lessons to the youth of today. Teaching them to respect nature, respect themselves, respect their parents most importantly to grow up using the correct posture.

## **What certificate do you get?**

On successful completion of the Tai Chi Instructors' course you will receive your Certificate as a Professional Tai Chi Instructor from Tai Chi Fitness Australia. Remember that your certificate is not only a piece of paper you are a Tai Chi Family Member and well on the way to "Happy Living".

You are qualified to become a member of Tai Chi Fitness Association of Australia Association (TCFAA). Optionally, you can choose to apply to be certified as a Professional International Instructor from China Yang Style Tai Chi Association.

As TCFA has strict quality control over its training, successful completion of the course and assessment is required prior to opening your own branch as a TCFA Professional.

NOTE. Tcfa is currently registering with the government Vetab, for further development stay tuned on progress.

Our motto at TCFA is: Your Happy Living is Mine !

Contact us if you require any further information regarding our Course.

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