

AGENDA

Tai Chi: Moving for Better Balance New Instructor Training (Day 1)

Saturday, May 10, 2014
9:00 a.m. – 4:00 p.m.

Providence Portland Medical Center, 4805 NE Glisan St, Portland, OR 97213
Social Room

Workshop Leaders: Suman Barkhas, TCMBB Master Instructor and Trainer
Cell phone: 541-515-0462 Email: sumanbarkhas1@gmail.com
Jim Dalton, TCMBB Instructor/Mentor Email: jwdalto@comcast.net

Lisa Shields (Oregon Health Authority)
Cell phone: 971-344-6040 Email: lisa.m.shields@state.or.us

Joe Patton (Oregon Health Authority)
Cell phone: 503-901-0843 Email: joe.d.patton@state.or.us

Instructions: Dress comfortably in supportive but flexible shoes with a back (no flip-flops), bring water bottle and lunch, or plan to buy lunch nearby

9:00 – 9:45 am	Welcome Introductions, program background
9:45 – 10:15 am	Demonstration of 8-form Tai Chi Warmups
10:15 – 10:30 am	Break
10:30 am – 12:30 pm	Instruction and practice Forms 1-4
12:30 – 1:15 pm	Lunch break
1:15 – 3:00 pm	Question and answer session Instruction and practice Forms 5-8
3:00 p.m. – 3:15 pm	Break
3:15 p.m. – 4:00 pm	Group practice

AGENDA

Tai Chi: Moving for Better Balance New Instructor Training (Day 2)

Saturday, May 17, 2014
9:00 a.m. – 4:00 p.m.

Providence Willamette Falls Medical Center, 1500 Division St, Oregon City, OR 97045
Rooms 3 & 4 (basement)

Workshop Leaders: Suman Barkhas, TCMBB Master Instructor and Trainer
Cell phone: 541-515-0462 Email: sumanbarkhas1@gmail.com
James Lusk, TCMBB Instructor/Mentor Email: jarolusk@hotmail.com
Lisa Shields (Oregon Health Authority)
Cell phone: 971-344-6040 Email: lisa.m.shields@state.or.us
Joe Patton (Oregon Health Authority)
Cell phone: 503-901-0843 Email: joe.d.patton@state.or.us

Instructions: Dress comfortably in supportive but flexible shoes with a back (no flip-flops), bring water bottle and lunch, or plan to buy lunch nearby

9:00 – 9:45 am	Discussion Data collection overview Question and Answer session
9:45 – 10:30 am	Warm-ups Seated Tai Chi: modifying for varying levels of ability
10:30 – 10:45 am	Break
10:45 am – 12:30 pm	Review and practice 8 forms
12:30 – 1:15 pm	Lunch break
1:15 – 3:00 pm	Practice in small groups
3:00 – 3:15 pm	Break
3:15 – 4:00 pm	Skill demos and graduation
