

Suman Barkhas DVD

Suman's DVD, used in certification trainings, demonstrates each individual move as well as all 8-forms performed standing, chair assisted and seated. There are also warm up exercises included. Individual copies of Suman's Tai Chi: Moving for Better Balance DVD are \$25 which includes shipping (<http://www.taichiyogacenter.com/pages/store>) and he offers a bulk order discount rate (10+). For info email: infotcyc@yahoo.com.

Be sure to check out his website for continuing education trainings he holds at his retreat in Elmira, OR and sign up for his newsletters: <http://www.taichiyogacenter.com>.

Dr. Li DVDs

A participant DVD available for \$3 and includes:

1. Warm up exercises (Seated, standing, and stepping with "moving the ball").
2. The 8 form routine (8 form sequence with and without verbal instructions, single forms, standing sequence, chair supported sequence, and seated sequence)
3. Standing and stepping exercises (Standing movements with "moving the ball", standing movements of selected forms, stepping with "moving the ball")

The 2 disc Instructor DVDs are \$8 and includes:

Disc 1

1. Warm up exercises (seated, standing, & stepping)
2. The 8 form routine (with and without verbal instructions)
3. Mini therapeutic movements part 1 & 2

Disc 2

Practice Variations Part 1 & 2

The price includes shipping and there is no bulk price. They ask that the instructors consolidate orders from their students and place **one order** so they are not overwhelmed with the process. At this time they are only able to accept payments by check. Make the check payable to ORI (Oregon Research Institute) and mail to:

Lisa Marion (Email: lm Marion@ori.org)
Oregon Research Institute
1776 Millrace Dr.
Eugene OR 97403

The DVDs are filmed in a room similar to this link: <http://youtu.be/LdT25IpgqZM>

Dr. Li's website: <http://projects.ori.org/tjqmovingforbetterbalance>