

About the Instructors

Troyce Thome has studied taiji for the past 18 years. She is one of the Master Trainers for Dr. Lam's Tai Chi for Health programs and has taught these instructor training workshops nationwide the past 7 years. She studies several styles of taiji and has been fortunate enough to study Traditional Sun Taiji with Tim Cartmell, translator of Sun Lu Tang's book on Sun Taiji and Chen Style Taiji with Master Chen Bing.



Pat Lawson has practiced martial arts for over 30 years, and Tai Chi for over 18 years. A Tai Chi Gold and Silver medalist, she also holds a

second-degree Black Belt in Kung Fu and was an assistant instructor in Judo and Mas Oyama's Karate. In 1999 she learned about the Tai Chi for Arthritis program, which she studied under Paul Lam, M.D., and is now a Master Trainer for the Tai Chi for Health programs. She serves as the President of the Tai Chi for Health Community, a national non-profit organization to improve the quality of peoples' lives through tai chi for health programs. Owner and Chief Instructor of Better Health Tai Chi Chuan in Stuart Florida, Patricia teaches Tai Chi in the Florida Treasure Coast area and, with a team of Master Trainers, provides USA Instructor training workshops under the direction of Paul Lam, M.D.

Tai Chi for Health.net
PO Box 75364
San Clemente, Ca. 92673

The Inner Structure of Sun Taiji

by Master Trainers
Troyce Thome
and
Patricia Lawson



Sebring, Florida
April 30 – May 2, 2010

Workshop Objectives

- To familiarize participants with the inner structure of Traditional Sun Taiji
- To provide an in-depth understanding of Sun Tai Chi principles in the basic movements of the form
- To emphasize the importance of good posture and proper body mechanics when performing tai chi exercise movements
- To enhance Tai Chi practice through partnered testing of individual postures
- To provide a new way of understanding movement principles that will be helpful in reducing the risk of falling
- To collaborate with other Tai Chi enthusiasts
- This course will be broken into modules that will benefit both the beginning and intermediate Sun style practitioner

Who Should Attend?

Any Tai Chi instructor or practitioner interested in deepening their understanding and practice of Sun Style Tai Chi including correct postural alignment, improved body mechanics, good energy connections, and understanding the applications of movements.

About the Workshop

Venue: The Historic Kenilworth Lodge

Course: Inner Structure of Sun Taiji

Dates: April 30th 5:00 pm – 7:00 pm

May 1 & 2 Time: 9:00 am – 4:30 pm

Fee: \$225 (TCHC members: \$200)

* Includes written materials

* Please add \$25 for any registration after April 5th

*Registration does not include accommodations

Registration and Inquiries:

Troyce Thome tthomer@cox.net

949-842-2992 -or-

Pat Lawson plawson6@hotmail.com

772-260-3365

Workshop Location

Venue Information:

Kenilworth Lodge

836 SE Lakeview Dr,
Sebring, FL 33870



Special rates for workshop participants!

Call for details

Kenilworth Reservations

1-800-423-5939

Mention Inner Structure of Taiji Workshop for group discount

Registration Inner Structure of Sun Taiji Sebring, Florida

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Cell # _____

E-mail _____

TCHC membership # _____

Method of Payment

Please make check payable to: Tai Chi for Health
and mail to:

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Or securely register using your VISA or

Mastercard online at

www.taichiforhealth.net

*Correct Practice of this Form can Improve
Posture, Fitness, Flexibility and Focus!*