

About the Instructor

Troyce Thome was one of the first Master Trainers to become certified to teach the Tai Chi for Arthritis form in the United States. She has since worked closely with Dr. Lam and the Arthritis Foundation to bring the Tai Chi for Health Programs to hundreds of people throughout the United States. Troyce studies Traditional Sun Style with Tim Cartmell and Chen Style with Master Chen Bing.



Sandi Wicher is a Senior trainer for Dr. Paul Lam and the Arthritis Foundation. She is owner of Many Waters Wellness Center where she teaches Tai Chi for Health classes and works with the Arthritis Foundation and Dr. Lam providing continuing education for the Tai Chi for Arthritis instructors in the Pacific Northwest.



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

73 Sun In-Depth

By Master Trainer
Troyce Thome
and Senior Trainer
Sandi Wicher



Walla Walla
Washington
March 5-7 2010

Workshop Objectives

- To provide individuals with a deeper understanding of Sun Taiji based on Sun Lu Tangs Taiji concepts of delivering force
- To emphasize the importance of good posture and proper body mechanics when performing tai chi exercise movements
- To Enhance Tai Chi practice through a deeper understanding of tai chi principles
- To prepare candidates to become qualified to apply for Senior Trainers for the Tai Chi from the Arthritis Foundation Program
- To provide information and guidelines for working with the Arthritis Foundation
- To Collaborate with other Tai Chi enthusiasts

Who Should Attend?

Anyone interested in deepening their practice of Sun Style Tai Chi through a clearer understanding of correct postural alignment, and improved body mechanics.

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

About the Workshop

Venue: Many Waters Wellness Center

Course: Sun 73 In-Depth Saturday March 6th

Time: 9:00– 4:30 \ Fee: \$100

Course: Sun 73 Inner Design Sunday March 7th

Time 9:00 – 4:30 \ Fee: \$100

Course: Sun Corrections Friday March 5th

Time 6:00 – 8:00 / Fee \$35

Fee for both Saturday and Sunday \$175

Fee for All Courses \$200

*Registration does not include accommodations

Registration and Inquiries:

Troyce Thome tthomer@cox.net

949-842-2992 -or-

Sandi Wicher swicher@columbiaenergyllc.com

509-386-4305

Workshop Location

Many Waters Wellness Center
820 Sprague Ave
Walla Walla, Wa 99362

Accommodations

Please Contact Sandi Wicher if you require accommodations.

Registration Walla Walla, Washington

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Cell # _____

E-mail _____

Circle all that apply

73 Sun In-Depth All Courses

73 Sun Inner Design

73 Sun Corrections

Method of Payment

Please make check payable to: Tai Chi for Health

And mail to:

Tai Chi for Health

PO Box 75364

San Clemente, Ca. 92673

Or securely register using your VISA or

Mastercard online at

www.taichiforhealth.net

