

Dear Wellness Friends,

I will only be offering this one course this year. Since the storm I have learned very vividly how important my practice of Tai Chi has been to helping me relax and stay "grounded" during difficult times. I feel fortunate to have found Dr. Yang Yang to be my Tai Chi teacher. His mission is to promote Tai Chi practice and its health benefits to people in the West, and I am so pleased to share what I've learned from him with you. I know it will help you feel better, more relaxed, and better prepared for whatever comes your direction during the holidays and the coming years.

Warm regards,  
Susan Welsh

REGISTRATION FORM

Please enroll me in the Tai Chi: Wellness and Clinical Applications course (12 CEU hours credit, December 8, 9, 2007. Enclosed is my check for \_\_\_\_\_. Please make check payable to "Wellness Therapy Institute, LLC."

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Work Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Profession PT PTA OT OTA LMT Other  
(Circle one):

Note: \$10 discount when you sign up with a friend or if you have previously taken a course from Wellness Therapy Institute! We're sorry; Wellness Therapy Institute, LLC, is unable to take credit cards.

To register, send this form, along with your check payable to "Wellness Therapy Institute, LLC;" to:

Susan Welsh, PT, PhD  
Wellness Therapy Institute, LLC  
609 Metairie Road, #171  
Metairie, LA 70005

LAST OPPORTUNITY OF THE YEAR  
TO GET YOUR CEUS!



WELLNESS THERAPY INSTITUTE, LLC  
Susan Welsh, PT, PhD  
609 Metairie Road, #171  
Metairie, LA 70005



TAI CHI:  
WELLNESS AND  
CLINICAL  
APPLICATIONS

December 8 & 9, 2007  
New Orleans, Louisiana

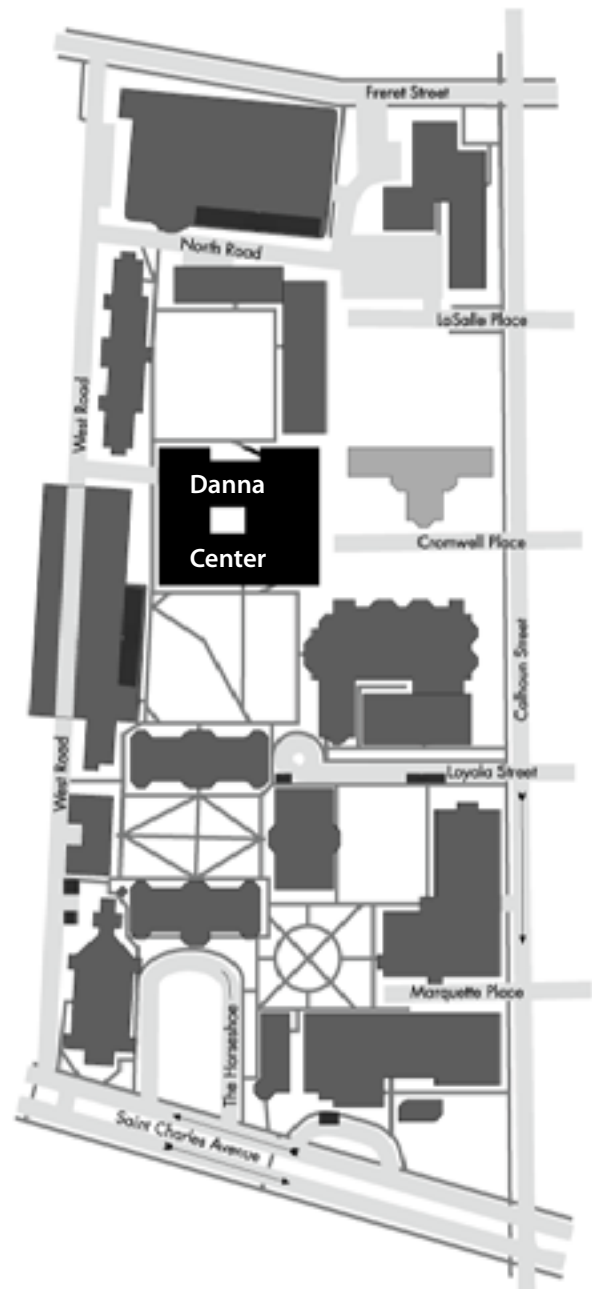
Approved for 12 CEU credit hours by the LSBPTE for PTs and PTAs, by the LBME for OTs and OTAs, and by the LBMT for LMTs.



For more information or to reserve your space,  
contact Susan Welsh at 504-828-7616  
or susan@wellnesstherapyinstitute.com  
or see www.wellnesstherapyinstitute.com

**Danna Center**  
**Loyola University Campus**  
**6363 St. Charles Avenue**  
**New Orleans, Louisiana**

**Danna Center**



## **Tai Chi: Wellness and Clinical Applications**

**Susan Welsh, PT, PhD**

December 8 & 9, 2007

9 am - 4:30 pm

\$285 in advance

(\$300 first day of class)

12 CEU hours

Audubon Room, Danna Center

Loyola University

6363 St. Charles Avenue

New Orleans, Louisiana

*Approved for 12 CEU credit hours*

*by the LSBPTE for PTs and PTAs,*

*by the LBME for OTs and OTAs,*

*and by the LBMT for LMTs*

*Enrollment Limited*

Evidence is mounting to support the health benefits of Tai Chi (Taiji) practice, and more and more medical and health facilities want to include Tai Chi in their wellness and clinical programs.

Among the many benefits of Tai Chi are improved quality of life (including sleep, digestion, immune function, cognitive function and stress resilience) and improved physical functioning (including balance and postural control, flexibility, coordination, agility, strength, body awareness, and reaction time).

This course is designed for health practitioners who would like to learn more about this slow-movement exercise system both to help themselves and to share with patients and clients.

This two-day course will include the method of teaching Tai Chi developed by Master Yang Yang and will include practice of his Evidence-Based Taiji form (EBT)<sup>TM</sup> taught to seniors in research trials.

Susan Welsh, PT, PhD, instructor for this course, has been a student of Dr. Yang Yang since 1996. Dr. Yang developed the Center for Taiji (Tai Chi) Studies in 1996 with the mission to share and promote Taiji in the West. His doctoral studies at the University of Illinois included a longitudinal study of the health benefits of Taiji practice for seniors. He has several publications including his recent book *Taijiquan: The Art of Nurturing, The Science of Power* (winner of the 2005 Chicago Book Clinic Award for Excellence in Publishing). Susan recently participated in Dr. Yang's first teacher certification

training in his Evidence Based Taiji (EBT)<sup>TM</sup> method. More information about Dr. Yang and his work is available at: <http://www.centerfortaiji.com>.

In this course you will learn a beginner's Tai Chi form that can be taught to clients or patients in a group setting, and you will also learn how to create a personal Tai Chi practice that enhances your personal fitness, improves balance, and reduces stress.

In this two-day course you will learn:

- to understand the health benefits of Tai Chi;
- to demonstrate the Tai Chi principles through Qigong exercises;
- to perform Master Yang's seven-part beginner's form in a group setting;
- to modify Tai Chi movements for persons with different physical abilities; and
- to develop Tai Chi classes appropriate for wellness and clinical settings.

### **Instructor**

Susan Welsh, PT, PhD, has been a PT since 1974 and is currently the director of the PTA Program at Delgado Community College. She developed the Wellness Therapy Institute in 2000 to provide post-graduate wellness courses to health professionals in Louisiana.



*Susan Welsh, PT, PhD*

Susan has studied Tai Chi since 1994, most recently with Master Yang Yang, PhD. She is completing training for certification as a teacher of Dr. Yang Yang's Evidence-Based Taiji (Tai Chi). Susan has used Tai Chi with patients in a rehabilitation setting and is currently teaching Tai Chi for seniors at an adult day care center in New Orleans and also for students, faculty and staff at the Delgado Fitness Center.

For more information, call 504-828-7616, e-mail [susan@wellnesstherapyinstitute.com](mailto:susan@wellnesstherapyinstitute.com), or visit [www.wellnesstherapyinstitute.com](http://www.wellnesstherapyinstitute.com)