



TAIJI FOR BALANCE: LEVEL 1

2016 OHIO DATES AND LOCATIONS

The number of falls has increased 167% in Ohio over the past decade.

That's a staggering statistic.

Even more staggering are the costs associated with falls. Ohio spent over four billion dollars in medical and work related costs for adults 65 and older in 2010 alone.

The Centers For Disease Control lists the practice of Taiji (Tai Chi) as an important exercise because it increases proprioception, neuromuscular communication, strength, and reduces anxiety: all of which, with practice, help strengthen balance.

Through a grant from the Ohio Injury Prevention Partnerships, an Ohio-based program **Taiji For Balance: Level 1** was developed. This train-the-trainer program is currently being offered for free to those who want to become certified to teach the program.

This 8-movement form was developed and taught specifically to focus and strengthen balance for individuals whose balanced has weakened due to lack of movement, trauma, or illness.

This training educates teachers about why we lose balance and how to regain it - whether due to lack of movement, illness, fear or a mixture of all.

You will learn all 8 movements, and how to teach them effectively. Through aural, visual and written instruction each trainer gains the tools to teach students at their level.

This course includes warm ups, cool downs, meditation and the 8 movements. You will also learn to teach the form seated and with the aid of a chair.

Prior to the training, you will receive:

1. A DVD of the full form from front and back as well as each movement broken down to explain hand and foot positions.
2. A manual of information about balance, tai chi, the warmups, cool downs, movements, and teaching certain populations.

It will be vitally important to study the manual and practice the movements before the training in order to pass the practicum and written tests. Please spend as much time as you can to watch, practice and read - especially if you have no prior experience with tai chi. ***If you cannot teach or demonstrate the form safely, you will NOT be certified.***

Lucy Bartimole is the owner of Shift, a mind-body fitness studio based in Columbus, Ohio. She has been a practitioner of martial arts for 30 years and a teacher for 15 years. She holds lifetime teaching certification from the Guang Ping Yang Tai Chi Association where she serves as Board Member and Past President. She won the 2005 gold medal in the San Diego Grand National Championship for Guang Ping Yang Tai Chi. She is also certified in Tai Chi for Arthritis and Health, and is a registered yoga teacher (RYT-200) as awarded by Yoga Alliance.

Please wear comfortable, loose fitting clothing with well fitted flat/athletic shoes in order to fully participate in the training, practice sessions and testing.

WORKSHOP DATES:

COLUMBUS, OHIO

January 16-17

Shift, Grandview

1520 W 1st Ave

Grandview Hts OH 43212

614-407-4668

TOLEDO, OHIO

February 20-21

University of Toledo

Medical Center

3000 Arlington Avenue

Toledo, Ohio 43614

YOUNGSTOWN, OHIO

April 30-31

To be announced

ZANESVILLE, OHIO

May 21-22

To be announced

WORKSHOP OUTLINE

- I. Evaluating clients and classes for balance
 - conduct balance assessments
- II. Warming up the body and brain
 - self massage
 - joint movements
 - cross lateral movements
 - beginning balance techniques
- III. Breathwork and relaxation techniques
 - improving awareness through the breath
 - building emotional awareness
 - differentiating ego and intuition
- IV. Tai Chi postures and sequence teaching to improve
 - gait
 - multi-directional stepping
 - proprioception
 - neuromuscular connections
 - implementing and recording assessments
- V. Taiji seated, supported, and standing
 - effective teaching
 - aural, visual, kinesthetic
- VI. Meditation, Mindfulness, Relaxation
 - effective meditations
- VII. Building a Class
 - where and how to offer classes
 - advertising and marketing 101
- VIII. Structuring a Class
 - timing a 30 minute to 90 minute class
 - series or open ongoing courses

WORKSHOP SCHEDULE

Day 1

7:30-8:00 - Registration

8:00-8:30 Introductions - Itinerary

8:30-10:00 Assessments; Learning the Warm Ups;

Teaching the Warm Ups; Practice

10:00-10:15 Break

10:15-12:00 - Learning the first 2 movements;

Practicing; Fundamentals of Teaching (1&2)

12-1 Lunch

1:00-3:00 - Learning movements 3 and 4;

Practicing; Fundamentals of Teaching (3&4)

3:00- 3:15 Break

3:15 - 5:00 - Learning movements 5 and 6;

Practicing; Fundamentals of Teaching (5&6)

Day 2

8:00 - 9:00 Review

9:00 -10:00 Learning movements 7 and 8;

Practicing; Fundamentals of Teaching (7&8)

10:00-10:15 Break

10:15-12:00 - Teaching groups with varying abilities;

effective modifications;

12-1 Lunch

1:00-3:00 - Review; Teaching Practicum

3:00- 3:15 Break

3:15 - 5:00 - Teaching practicum and written tests;

Certificates; Remedial Training setup

ABOUT TAI CHI

Tai Chi (also spelled Taiji or Taijiquan) is an ancient martial art that uses slow, flowing movements to establish a relaxed body and mind so that one can

respond to a chaotic situation rather than drop into fear and The body's fight or flight response.

In our day, a chaotic situation can be a multitude of things, but for people who are struggling with balance, the fear of

falling, the health costs associated with falling layered with the worry or guilt of possibly being a burden while recovering is high on the list of chaotic life events. Tai chi not only strengthens balance, but clears the mind and reduces stress.

614-407-4668 discuss@shiftgrandview.com www.shiftgrandview.com



REGISTER BY MAIL:

CHOOSE A WORKSHOP:

- COLUMBUS, OH JAN 16-17 TOLEDO, OH FEB 20-21
 YOUNGSTOWN, OH APR 30-31 ZANESVILLE, OH MAY 21-22

PREREQUISITES: *One* of the following:

Those who pass certification tests (written and demonstrative) **must teach six (6) classes or register 6 hours of teaching Taiji For Balance: Level 1 on a volunteer basis** to receive the final certificate. Those who do not pass the certification tests will not be certified, but will be offered an option to retake the course - however, not at this free

Pre-requisites (check at least one):

- 2 Years Taiji Training Group or Personal Training License
 Bachelors of Exercise Science Licensed Physical or Occupational Therapist

Fill out and mail form to:

1520 West 1st Ave
Grandview Heights OH 43212

shift grandview, LLC
1520 W 1st Ave
Grandview Heights, OH 43221

Name _____
 Business _____
 Address _____
 City _____ State: **OH**
 Zip Code _____
 Phone number _____
 Email _____

REGISTER

or register online at www.shiftgrandview.com/ttt

- Who Should Attend**
- Physical Therapists
 - Occupational Therapists
 - Exercise Physiologists
 - Wellness Instructors
 - Activity Directors
 - Exercise Physiologists
 - Yoga Instructors
 - Assisted Living Trainers
 - Tai Chi Instructors
 - Tai Chi Students
 - Personal Trainers
 - Group Trainers
 - Fitness Instructors
 - Athletic Trainers

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FREE training for Ohio residents who qualify

TAIJI FOR BALANCE: Level 1

Help patients, clients, students gain balance, strength, stability, peace and independence through this effective fall prevention program.

What other participants have said:

"Amazing. Lucy introduced us to the forms and to teaching in measured steps to ensure success, comfort and empowerment." - S. Myers, Cleveland

"Amazing! Lucy is very effective and positive. Great learning environment. I liked that we had the ability to learn in a variety of different ways." - Z. Anthony Toledo

"I learned more than I anticipated. Lucy is an amazing instructor. She is patient, kind and very, very knowledgeable." K. Calkins, Toledo

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Presented by Lucy Bartimole, BA, PT, RYT200, Lifetime Certified Instructor Guang Ping Yang Taijiquan, Taiji for Balance® Developer and registered Yoga Alliance teacher with 20 years of experience teaching movement arts to all ages and abilities in schools, retirement communities, senior centers, rehabilitation facilities and is a national trainer for all levels of Taiji For Balance®.

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- Exercise Physiologists
- Wellness Center Instructors
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- Yoga Instructors
- Assisted Living Trainers
- Tai Chi Instructors
- Tai Chi Students
- Personal Trainers
- Group Trainers
- Fitness Instructors

- Learn effective teaching skills to enhance your students balance and encourage improvement in completing daily activities
- Tai Chi movements improve overall strength, balance, stability and awareness
- Meditation and relaxation for reducing anxiety, improving focus and proprioception
- Improving neuromuscular connections by slowly and mindfully challenging stepwork
- Fun and effective warm-ups and cool downs to ease any joint pain, inflammation and to promote circulation

This training educates attendees about the reasons we lose balance and how to regain it - whether due to inactivity, illness or fear.

Attendees will learn all 8 movements, and how to teach them effectively. Through aural, visual and written instruction, each trainer gains the tools to teach students at their level.

The course includes warm ups, cool downs, meditation and the 8 movements. You will also learn to teach the form seated and with the aid of a chair.

REGISTER

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