

Newfoundland and Labrador Therapeutic Recreation
Association presents:

Chair Chi Training

with Pat Griffith of Chair Chi

Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. This allows for a more inclusive and accessible way for individuals to participate and reap the benefits of Thi Chi Chuan.

Benefits include; improved balance, flexibility, range of motion, increase in strength, energy, pain relief and stress reduction.

Pat is a certified Tai Chi Chuan instructor and founder of Chair Chi. He has been teaching since 1997.

Date: Saturday, February 26 & Sunday, February 27, 2022 (2 day training)

Time: 11:30am – 2:30pm NL time

Price: \$100.00 USD NLTRA Members

\$140.00 USD Non-members of NLTRA

Participants receive: 6 hours of instructional training, 42 minute DVD (or download), manual, certificate of completion and 7 hrs (0.7) of NCTRC CEUs.

Via Zoom *link will be sent to registered participants

To register please contact Pat Griffith:
chairchi@gmail.com or (760) 390-8019

Deadline to register: February 18, 2022



<http://nl-tr.ca/>



<http://www.chairchi.com/>