



Tai Chi Qigong for WHS

Date & Time, Name of the Org
Address:

Contact: name, Phone:

E: email address, W: web page name

On site instructor: Master Sue Chang, Master Michael Chu, or selective WHS Tai Chi Qigong specialist

About Master Sue Chang:

<http://www.taichi365.com.au/master-sue-chang/>

About Master Michael Chu:

<http://www.taichi365.com.au/mr-michael-chu/>

Client details:

Age range – 20 to 70

Clients job: Office workers

Program details:

Health Qigong WHS introduction

Introduction (2m) and be flexible maximum meet client need will help clients understand what Tai Chi is, it will help client perform correctly in practice.

Warm up exercises (5m)– for WHS including:

- Whole body extension and neck exercise
- Shoulder and chest exercise
- Neck stretches
- Back exercise
- Knees exercise
- Ankle exercise
- Hips exercise
- Balancing
- SOFT stretching legs depending on the venue space

Tai Chi or Qigong training for WHS relaxation (40m): TCFA is inherited and developed the skills with Xinyi Hun yuan Tai Chi Qigong “Tao” which is easily for staff for follow and relaxing on the spot of the training including:

1. Body profile training
2. Ergonomic training – spine alignment



Tai Chi Fitness Australia

3. Relaxation skills
4. Coordination skills
5. Meditation skills
6. Sleeping skills
7. Balance skills
8. Stability and concentration skills
9. Stress management skills
10. Harmony balanced skills
11. Chi massage skills

Relaxation exercise and self-massage (5min)

Happy birth for the happy day: bring your body alignment back to normal
Chi-massage: get knowledge of everyday living

Q&A (10 min):

Review the program: enjoying time

Achievement:

- Energize the date with Tai Chi for relaxation to achieve a better result at WHS
- Get basic Tai Chi knowledge for WHS; understand the basic philosophy of Tai Chi, Yin-Yang circle exchange with regulation of breathing skills
- Experience the benefit of Tai Chi and benefit everyday harmony balance of WHS

Entertaining: 1. Tai Chi Dance - Wave in sea, 2. Tai Chi Fan - The flowing clouds, Tai Chi Sword – Dragon swimming in the sea as required.

What the Organizer should Do before the Tai Chi WHS Training?

- Perform according to each individual ability.
- Wear comfortable clothes and shoes with flat soles are better.
- Make sure drinking water are approachable for emergency purpose.
- If outside, make sure staff are advised: wear sun cream, or hat, consider to have second venue due to weather, other consideration, facing south or water, garden, trees are better option. In the case the weather is not good, please have 2nd plan.