

Instructor Profile

Dr. Zibin Guo, a medical anthropologist at UTC, is a highly regarded applied Tai Ji (Chi) master for his contribution of developing and promoting the form of wheelchair Tai Ji around the world. Invited by All China Federation of People with Disability, Chinese Paralympics Committee, Dr. Zibin Guo conducted the first National Wheelchair Tai Ji Instructor Workshop in Beijing; In 2007 and 2008, Dr. Zibin Guo directed the wheelchair Tai Ji demonstration at 2008 Beijing Olympics and Paralympics festivities Cultural Festivals. Since then the form of wheelchair Tai Ji Dr. Zibin Guo developed has been promoted throughout China.

The Four Moves of Seated Tai Ji

Based on his experience working with people with various disabilities and knowledge in Tai Ji and Chinese Medicine, Dr. Guo developed the Four Moves of Seated Tai Ji making it a most innovative, accessible, easy to learn, effective and economical self-care method for people with ambulatory difficulties.

The structure of The Four Moves of Tai Ji so varied as to put into play every part of the body from the smallest joint to the largest muscle. Masterfully designed and symmetrically patterned, the movements are done with flowing continuity and integration of the mind, breath, and body.

Dr. Guo leads a wheelchair Tai Ji practice session in Beijing, 2008



Seated Tai Ji is a form of mind and body exercise designed specifically for people with ambulatory difficulties

Dr. Guo conducts a Seated Tai Ji Training Workshop in Chattanooga, 2007



The Four Moves of Seated Tai Ji is most innovative, accessible, easy to learn, economical and effective and self-care method for people with ambulatory difficulties

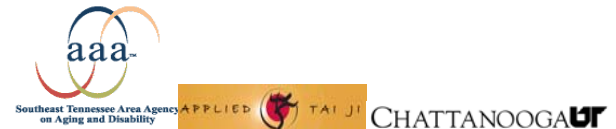
Seated Tai Ji (Chi) for Rehabilitation Instructor Training Workshop

Chief Instructor
Dr. Zibin Guo

May 15, 2009
First Centenary United Methodist Church
Gymnasium
Chattanooga, TN

Sponsors:

**Southeast Tennessee Area Agency
on Aging and Disability**
Applied Tai Ji
**The University of Tennessee
at Chattanooga,
Continuing Education**



How to Register

There are several convenient ways to register for the Continuing Education courses:

- Fill out the registration form in this brochure and mail to:
- **UTC Division of Continuing Education**
- **615 McCallie Ave., Dept 5255**
- **Chattanooga, TN 37403-2598**
- Call the Division of Continuing Education at (423)425-4344 and register with Visa, Master Card or P.O. Number
- FAX your registration to (423) 425-4170
- Register online at www.utc.edu/ce

REGISTRATION FORM – Course # 40102112

Social Security #: _____

Name: _____

Address: _____

City/State/ZIP: _____

Company Address (if company is paying):

Birth Date: _____

Phone (Work/Cell): _____

Phone (Home): _____

Email: _____

Method of Payment:

Cash ___ Check ___ Visa ___ Mastercard ___

Expiration Date: _____

Account #: _____

Name on Card: _____

Purchase Order _____

Tai Ji training experience: Yes () No ()

WORKSHOP: \$25.00 _____
(\$35 after May 1)

CEU's: 5 contact hours \$10.00 _____

TOTAL DUE: _____

The Workshop

Seated Tai Ji (Chi) for Rehabilitation Instructor Training Workshop

This workshop is designed for program/activity directors, recreational therapists, senior center directors and those who provide health care services to elderly population and to individuals with ambulatory difficulties.

Date: May 15, 2009, Friday

Times: 9:00 a.m. – 3:00 p.m.

Place: First Centenary Methodist Church
Gymnasium
419 McCallie Ave,
Chattanooga, TN 37402

Wear comfortable clothes and shoes in order to participate and exercise.

Registration Costs:

\$25 -on or before May 1

Includes lunch

\$35 -May 2- May 13

Includes lunch

\$35- May 14 or at the door

(Does not include lunch)

In addition each registrant will receive -- without cost – a \$30 Seated Tai Chi instructional DVD.

If you register on May 14, or at the door, the cost is \$35 but will not include lunch.

CEUs are available at an additional cost of \$10.00 provided by the University of Tennessee at Chattanooga

Benefits of Practicing Seated Tai Ji

Frequently practicing this low impact, gentle and circular form of exercise would help to improve circulation, range of body motion, posture & body awareness, muscle strength & stamina, respiratory function, and reduce constipation, bodily pain and stress.



- Enhance body's range of motions
- Build muscle, strength and flexibility
- Expand lung capacity
- Improve abdominal circulation
- Elevate mood and foster relaxation
- Increase energy
- Reduce pain and stiffness of joints
- Slow bone loss
- Improve immune system function
- Enhance physical and mental balance