



# Tai Ji Quan: Moving for Better Balance

## Sign up for free workshop!

This free instructor training, delivered by Dawna Pidgeon, an Oregon Research Institute Authorized Trainer, consists of two 8-hour days with a 2-hour didactic component, and a 30-minute pre-course session. Participants are required to attend both training days.

### After this training

- Instructors are expected to start teaching classes as soon as possible following the instructor workshop to reinforce the knowledge and skills learned during the training program.
- A certificate of completion is awarded to trainees with 16 contact hours.



For more information on the program, visit [tjqmbb.org](http://tjqmbb.org)

**The virtual course instruction will take place on June 10 and 11.**

