

WOKE WEDNESDAYS

virtual tai chi

Dr. Ginseng is a Tai Chi for Health Institute Certified instructor. She has practiced Physical Therapy for the past 19 years, in the Home Health and Outpatient settings. She has furthered her practice with health coach certifications, research into evidence-based fall prevention and balance retraining, in addition to speaking and teaching functional testing to enhance evidence based outcomes.

It is her literature reviews that led her back to her Karate and Tai Chi, learned over 20 years ago, finding that Tai Chi now has a plethora of research supporting improved balance, relaxation, breathing, and leg strength. In addition to Western medical research supporting the benefits of Tai Chi, Eastern philosophies of Traditional Chinese Medicine support Tai Chi as an aid to balance internal and external forces thus improving health. Ginseng has a clinical Doctorate in Physical Therapy, from the University of Michigan in Flint and Masters/Undergraduate degrees from Wayne State University in Detroit. Ginseng is excited to partner with The Shrine of The Black Madonna to promote community wellness through Tai Chi.

Consent Form and Class Information

ACKNOWLEDGEMENT OF PERSONAL RESPONSIBILITY and CONSENT

I understand that Tai Chi is a gentle exercise which may enhance my physical fitness and improve my condition. I confirm that my physical condition is fit to safely participate in this workshop.

In consideration for admission to this workshop, I hereby accept full responsibility for myself as well as others in my home and assume the risk of any injuries sustained because of our participation in this workshop or practice or lessons involving Tai Chi and I hereby release and hold harmless Ginseng Gray-Tilmon, Spirit Moves, Tai Chi with Ginseng, FallPreventionTeam, Tai Chi for Health organization, Dr. Ginseng, or their respective officers, and directors in association with the virtual Tai Chi Workshop for any liabilities, injuries and expenses which may arise as a result of participation in this workshop or practice or lessons involving Tai Chi.

I consent to the recording of the zoom class as well as any feedback or written comments by me in connection with the Tai Chi Workshop, for publicity, promotion, demonstration or other business purposes, in any medium, including the internet, and I waive any right to compensation in connection with such use.

At Home Exercise Guidelines:

Supportive footwear is recommended to improve your stability and therefore balance. Create an open space free from obstacles. Have water available during your workout. Consider having a chair within arm's reach to or hold if you are off balance and sit down when you feel tired.

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Thank you,

Dr. Ginseng Gray-Tilmon, DPT