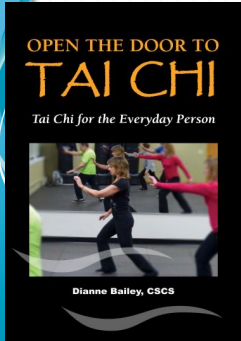




1

Dianne Bailey, CSCS, FAS, CTCI

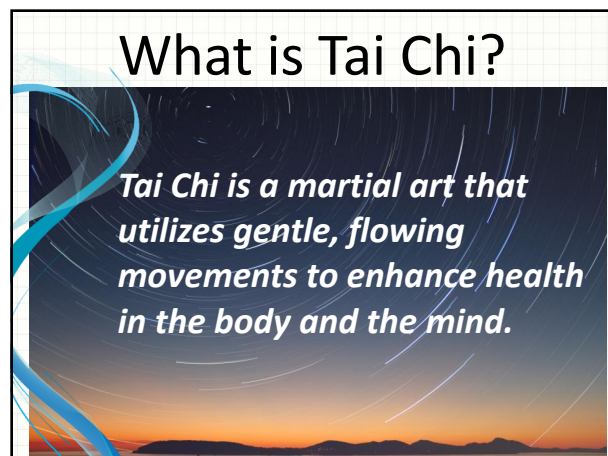


- 27 years Martial Arts experience
- 4th degree Black Belt Taekwondo
- Creator, Open the Door to Tai Chi
- Author, OTD to Tai Chi – Tai Chi for the Everyday Person
- Co-owner The Conditioning Classroom
 - Private, personal training studio in Denver, CO that focuses on the mature adult

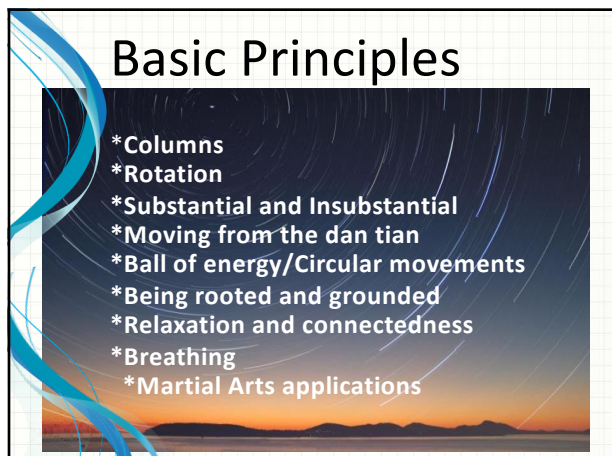
2



3



4



5




6




Post workout Cool Down
 After training session
 After class/boot camp




7




Balance program
 Special addition for current clients
 Trial program for new clients



8



Brain Function program
 Special addition for current clients
 Trial program for new clients



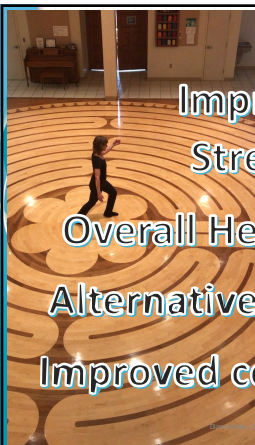
9



Personal Training
 Individual sessions
 New/Different language may connect for improvement



10




Improved Balance
 Stress Reduction
 Overall Health improvement
 Alternative, gentle exercise
 Improved cognitive function

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Including Tai Chi is Easy!

- Accessible to all ages and abilities
- No equipment
- Easy to learn
- Translates to real life
- Options to tie your clients to you



12

Attracts new clients

- 1 • Chronic health issues
- 2 • Never exercised
- 3 • Intimidated by exercise

13

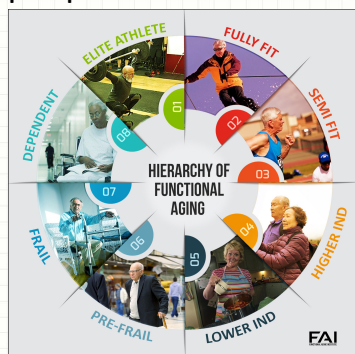
Tai Chi

Cancer
Fibromyalgia
Arthritis
Parkinson's Disease
Multiple Sclerosis
Cardiac/Stroke Rehab

Dianna Bailey - Open the Door to Tai Chi - Dianna@Taichisystem.com

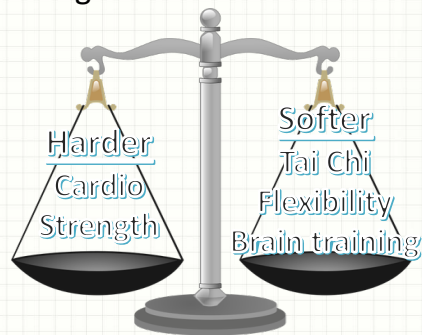

14

Move people around to the right



15

Sport enhancement – Different challenge – fresh outlook



16

OPEN THE DOOR TO

TAI CHI

- Certification – Basic/Distinction
- Daily Series
- Membership Website
- YouTube Channel
- Private FB group - Community of Tai Chi Instructors

Different levels of Learning

Taichisystem.com

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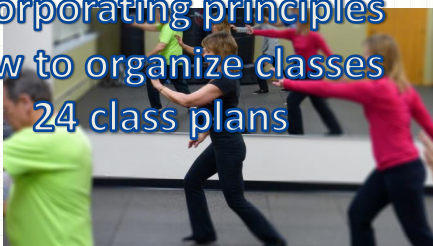
Parts 1 & 2

History,
Individual Movements
Flow of the form

18

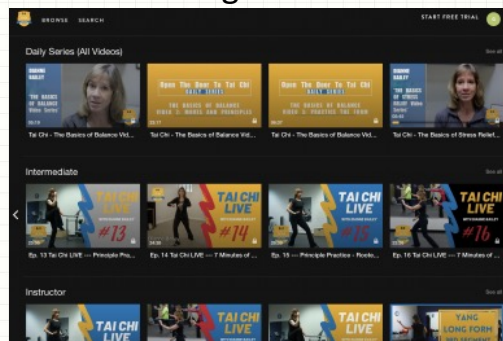
Part 3

Learning how to teach
Incorporating principles
How to organize classes
24 class plans



19

Online learning



<https://taichisystem.com>

20

Open the Door to Tai Chi

*Bring the benefits to yourself,
your friends, your family and
your clients.*

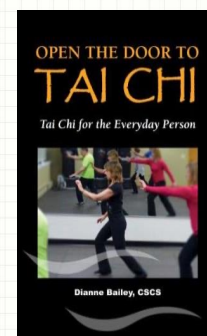


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AN EDUCATIONAL PARTNER WITH THE
FUNCTIONAL AGING INSTITUTE

WWW.TAICHISYSTEM.COM
DIANNE@TAICHISYSTEM.COM

THANK YOU!



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