



Tai Chi Movements for Wellbeing

TMW Foundation Training 2023



“In a time of uncertainty,
with increasing pressures on us as individuals
and as communities,
there is great need for simple and effective ways
to be as healthy and relaxed as we can be.

TMW is an extraordinary tool
that can bring people back to a state of wellbeing whereby
they can live life rather than survive it.

Whether in your community,
or your organisation,
becoming a TMW trainer will put you
at the forefront of sharing something profoundly worthwhile
and effect the change that so many are needing”.

Richard Farmer, Founder TMW Training

What is TMW?

TMW (Tai Chi Movements for Wellbeing) is a specially developed sequence of movements which promotes physical and emotional health and wellbeing.

With origins in both Tai Chi and Chi Kung, the TMW sequence distils elements of these arts into a simple series of movements without the complications of technique or complex forms. TMW has one sequence with many applications, making it truly multi-dimensional. It can take just 10 minutes and can be done whether sitting or standing, making it flexible and accessible to all. Watch TMW film

<http://vimeo.com/20237132>

Why Train in TMW?

Movement is the key to good health, wellbeing and healing. Our dedicated training programme helps bring the benefits of Tai Chi movements to people of all ages and stages. As a qualified TMW Trainer you can:

- Offer TMW to individuals or in group classes
- Help people to connect with and nourish their sense of aliveness - physically, energetically and emotionally - the feeling of being well.
- Bring the meditative and mindful aspects of TMW to encourage people to live more fully in each moment.
- Be part of a national organisation offering this vital work in a variety of settings. TMW is currently being offered in community centres, to carers' organisations, in residential care homes, in schools, by NHS physiotherapists in Herefordshire and through the GP Referral Scheme in Wales, to name but a few.
- You may also wish to take the training simply for your own benefit and then decide how little or often you want to teach.

No previous knowledge of Tai Chi is needed in order to take the training

The TMW Training Programme

We offer a professional training, carefully designed to deliver an effective and supportive programme, giving you the best start for your new role as a TMW Trainer. The programme gives you 8 days tuition over 4 weekends, plus home study and practice.

The areas covered include:

- Underlying principles and core understandings of TMW
- 12 movement Standing Sequence
- 12 movement Seated Sequence
- Physical, psychological and emotional benefits of each move
- Introduction to meditation
- Two supported teaching practices
- Teaching skills
- Guidance for setting up classes, including publicity templates.

Also included in the training package:

- Detailed Protocol Manual
- All training support materials—DVDs/MP4s , Leaflets, Handouts
- Your first year's Membership of the Association of Professional TMW Trainers
- Attendance at required CPD events, including annual assessment for re-certification, during your first year of qualification.



The Training Journey

Module 1 : The Sequence

An in-depth, highly experiential introduction to the underlying principles and to the Tai Chi Movements for Wellbeing sequence

Between Modules One & Two you will be expected to make the sequence a daily practice

Module 2 : The Protocol

Introduction to the TMW Protocol which gives you the sequence of principles and movements and how to communicate them to others.

Between Modules Two & Three you will be required to practise leading an individual in the sequence and complete a series of simple written questions after each class

Module 3 : Revision and small group practice

Detailed revision of the sequence to deepen your knowledge and understanding of the moves. Introduction to teaching a small group.

Between Modules Three & Four you will be required to practise leading a group of 3 people in the sequence and complete a self-reflective report after each class

Module 4 : Review and final assessment

Further revision, continuing small group practice and final assessment. Award of Foundation Certificate to successful trainees.

Practical details:

The Open Foundation Training is non-residential and takes place in South Herefordshire, close to Ross on Wye. There are plenty of b&bs nearby and a good pub in the village for evening meals. The days run from 10am – 5.30pm.

Next Training:

Foundation Training: Spring 2023

Module 1:	Saturday 11 & Sunday 12 March 2023
Module 2:	Saturday 1 & Sunday 2 April 2023
Module 3:	Saturday 13 & Sunday 14 May 2023
Module 4:	Saturday 17 & Sunday 18 June 2023

Price: £995. A deposit of £395 to secure your place will be due once your booking is confirmed.
The balance may be paid in monthly instalments.

The price includes full training support materials and first year's membership of the Association of Professional TMW Trainers, including required CPD input during the year.

Further information

Take a look at our website for more information, including videos explaining and demonstrating the benefits of TMW and details of our next training: www.tmwtraining.com. If you would prefer to talk to us about TMW please call **07891 034987** and speak to Andrea Bailey.

Who are we?

Andrea Bailey - Lead Teacher

Andrea has been exploring Tai Chi since 1996 and in 2005 qualified as a Rising Dragon Tai Chi (RDTTC) Teacher with Richard Farmer, founder of RDTTC School and TMW Training. Her interest and study of mindfulness in movement and meditation led to further qualifications as a Soul Moves Facilitator in 2011 and a Tai Chi Movements for Wellbeing Trainer in 2011. Since 2014 she has been delivering the TMW Foundation Training and loves bringing this work to new people, watching how the gift of TMW touches them. She also works with qualified TMW Trainers to continue their deepening engagement with TMW.

Richard Farmer - Founder

Richard has studied with leading teachers and masters of Tai Chi, meditation and healing. He is founder of the Rising Dragon Tai Chi School (RDTTC) and has both taught and practised his craft for 40 years. For services to Tai Chi in the UK, Richard was made Honorary President of the Tai Chi Union for Great Britain. He co-founded TMW Training in 2009.



Marigold Farmer - Co-founder

Marigold originally trained as a teacher of the Alexander Technique and has been working in the field of embodied mindfulness for many years, with a particular focus on Stress Management. As co-founder of TMW Training she developed the training syllabus and produced a wealth of support materials. Her present focus is on supporting qualified TMW Trainers in their ongoing exploration of TMW.

David Quinn - Co-founder

With a doctorate in Clinical Psychology, David is also a British Psychological Society National Assessor in Neuropsychology, an HPC Chartered Clinical and Health Psychologist and a Senior Foundation Member on the BPS Register of Psychotherapy. As a Motivational Interviewing National Trainer (MINT), David has founded Brain Injury Day Treatment Programmes in Herefordshire & Worcestershire. He has also developed a county-wide programme for enhanced self-management of long term health conditions across Herefordshire. David is a keen Tai Chi practitioner of many years standing.

Testimonials from previous trainees

"The thoughtfulness that has gone into TMW and the quality of the product itself is of an extremely high professional standard which beautifully supports the excellence of the face to face teaching. It models good practice."

"Nothing prepared me for the richness and depth of this course. It's been an amazing and joyful experience."

"An excellent standard of teaching in all respects – design, contact, holding of the group, flexibility, depth, warmth, clarity, generosity, thoroughness, breadth (technical aspects, ethics, how to get started, marketing etc) support during and between modules. Administration, organisation, communication and materials all to a uniformly high standard that is head and shoulders above anything I have encountered before. Wonderful role model for TMW in practice."

"I have done a lot of further education courses/training and I genuinely feel that this has been one of the best for the following reasons: clear, concise layout/structure of course. Very good learning. Theory underpinning the experiential. Steady and methodical style of teaching. Confidence in trainers/course – I feel very happy and confident with trainers. Very good admin resources. Great aftercare, including 'we're only a phone call away' attitude."



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