



**Tai Chi Movements
for Wellbeing**

TMW Teacher Training 2025

“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 teacher 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

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What is TMW?

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

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 but many applications, making it truly multi-dimensional.

Why Train in TMW?

Movement is the key to good health, healing and wellbeing. Our dedicated training programme brings the evidenced benefits of Tai Chi movements to people of all ages and levels of mobility. As a qualified TMW Teacher you can:

- Offer TMW to individuals or groups, as a standing or seated class to help
 - Improve balance, flexibility and strength
 - Release from patterns of anxiety and/or depression
 - Connect more fully with energy and feeling of aliveness
 - Learn to be more mindful and live fully in each moment.
- Gain a series of life skills to nourish and benefit yourself as well as a new qualification.
- Become part of a national organisation currently offering TMW within social care, rehab and mental health organisations, to people with long-term health conditions such as Long Covid, Parkinsons and pain management, within the NHS and through the National Exercise Referral Scheme in Wales, to name but a few.

The TMW Teacher Training Programme

We offer a professional, accredited* training, carefully designed to deliver an effective and supportive programme, giving you the best start for your new role as a TMW Teacher.

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 and 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 Teachers
- Continuing professional development to extend and deepen your TMW experience

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

** Accredited with PD Approval and the Sports Therapy Association*

The Training Journey

We have trained hundreds of people over the last 15-years and offer a very effective and supportive training package. Even if you come with no experience of Tai chi or teaching – you can excel in sharing TMW.

Your training journey will include:

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 Teaching Protocol

Introduction to the TMW Protocol with a detailed 'How To Teach TMW' and everything you need to be able to share TMW with 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 to prepare you for each class.

Module 3: Revision & 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 TMW Teacher 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 9.45am to 5.45pm.

Dates of Modules 2025

Module 1: 22 & 23 February

Module 2: 15 & 16 March

Module 3: 26 & 27 April

Module 4: 31 May & 1 June

Contingency dates - in case of a cancellation of any module: 28 & 29 June

Price: £1425. A deposit of £825 to secure your place, with the balance paid in monthly instalments.

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

Further information visit our website below. If you would prefer to talk to us about TMW please call 07891 034987 and speak to Andrea Bailey.

www.tmwtraining.com



Who are we?

Andrea Bailey - Director and Lead Teacher

Andrea has been exploring Tai Chi since 1996 and in 2005 qualified as a Rising Dragon Tai Chi (RDTC) teacher with Richard Farmer, founder of RDTC School and TMW Training. Her interest and study of mindfulness in movement and meditation led to further qualifications as a Soul Moves facilitator and a TMW Teacher. Since 2014 she has been TMW's Lead Teacher, delivering the TMW Foundation Training. She loves bringing this work to new people and enabling their discovery of the gifts of TMW. She also works with qualified TMW teachers 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 (RDTC) 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 following a request from Dr David Quinn. He now offers weekend courses to the community of TMW teachers.

Marigold Farmer - Co-Founder

Marigold originally trained as a teacher of the Alexander Technique and has worked in the field of embodied mindfulness for many years, with a particular focus on stress management. As co-founder of TMW Training she develops the training syllabus and has produced a wealth of support materials. Her present focus is on supporting qualified TMW teachers 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 is of an extremely high professional standard which beautifully supports the excellence of the face-to-face teaching."

"Nothing prepared me for the richness and depth of this course. It's been an amazing, 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've done a lot of further ed training and this has been one of the best. Clear, concise structure of course; very good learning; theory underpins the experiential; steady and methodical teaching style; confidence in trainers; great admin and aftercare, including 'we're only a phone call away' attitude."