About the Instructor

Darci Alexander is a licensed **Physical Therapist Assistant** with a passion and focus on Preventing Falls in our communities. She is a certified **Master Trainer** for Dr. Paul Lam & the Tai Chi for Health Institute. Certified in multiple Tai Chi for Health programs, she has been teaching Tai Chi since 2010. She holds certificates in Sun Style 73 form and Yang Style 24.

Having experienced the healing properties of Tai Chi after a serious back injury, Darci has dedicated herself to helping others improve their overall health though the joy of Tai Chi. She is currently teaching, Tai Chi for Arthritis 1 & 2, Tai Chi for Diabetes and Tai Chi for Rehabilitation, along with several forms of QiGong in Visalia and on Zoom.

For Darci, there is no greater joy than making a difference in the lives of others!

What is Tai Chi?

Tai Chi originates from ancient China and consists of a series of slow, flowing movements that are safe and effective. Breathing is relaxed, slow and deep to aid in mental concentration. It can be practiced almost anywhere, needs no special equipment and is suitable for just about anyone.

Program Schedule

Full Day Workshop

8:30-9:00 Registration/Introductions/Goals

9:00-9:30 Review of SIPP (Tai Chi/Features of the Program and How it Works

9:30-10:00 Fall Prevention/Research Studies/ Teaching Safely

10:00-11:00 Tai Chi Warm-Ups/Qi Gong & Core Movements

11:00-11:15 Break

11:15-12:30 Tai Chi Practice/Moves to Both Sides

12:30-1:30 Lunch

1:30-2:30 Teaching Effectively with Stepwise Progressive Teaching Method & Practice Teaching

2:30-3:30 Tai Chi Practice/Extension Moves

3:30-3:45 Break

3:45-4:30 Tai Chi Practice with the Principles

4:30-5:00 TCHI.org Website Tour & Resources

Course Objectives

Participants will be able to:

- Demonstrate the Stepwise Progressive Teaching Method
- Perform the Tai Chi for Diabetes core & extension moves from memory
- Safely teach a Tai Chi for Diabetes & Prevention class and modify moves for those with limitations

TAI CHI For DIABETES & FALL PREVENTION

1 - Day Instructor Certification Workshop

Approved for Continuing Education Units

February 21, 2026

Tai Chi for Diabetes & Fall Prevention developed by Dr. Paul Lam MD is a Safe, Effective and Evidence Based form of exercise.

Presented by Tai Chi for Health Institute

Master Trainer:

Darci Alexander PTA

TaiChiBlessings.com

Cottage Hospital
400 W. Pueblo St.
Santa Barbara, CA

What is Tai Chi for Diabetes & Fall Prevention?

TCD is a program designed by Dr. Paul Lam and is now endorsed by many agencies worldwide, the CDC, the National Council on Aging, and the Administration on Aging as a highest level evidence based program for health promotion and disease prevention. Based on Sun & Yang Style Tai Chi, it uses gentle flowing movements to increase muscular strength, protect joints, and improve balance, flexibility and heart/lung activity. Scientific studies have shown this program to relieve pain/stiffness, improve physical function and lower stress. One in three aults over the age of 65 fall each year. In 2001 the world's largest fall prevention study found TCA, one of the TCHI evidence based programs, reduced recurring falls by nearly 70%.

In this instructor certification workshop through discussion, demonstration, movement and small group practice, participants will:

- Receive instruction in **T**ai **C**hi for Diabetes Health Improvement & Fall Prevention.
- Learn to teach this fun program, specifically designed for people with chronic conditions and populations at risk for falls.
- Learn how the program helps control diabetes and helps to prevent and minimize the risk of falls.
- Learn the Step Wise Progressive Teaching Method
- Learn to teach Tai Chi safely and modify moves for those with limitations
- Learn how to start a Tai Chi for Health & Fall Prevention class in your community and how to use in a clinical setting.

Who Should Attend?

This one day workshop is welcome to anyone & is especially suitable for:

- Rheumatologists/Nurses
- Physical and Occupational Therapists
- Tai Chi Instructors or Students
- Other Health Care Professionals
- Exercise Instructors
- Senior Specialists /Caregivers
- Recreational Specialists /Athletic Trainers
- School Teachers/Group Leaders

Anyone with a heart for helping others!

Workshop Cost

Workshop Tuition: $250

- 30% discount code for the Required Online Preparation Course:

Self-paced Instructor Preparation Package (SIPP) $56 after discount. Darci will email you the link & code

- 20% discount code for the teaching book ***Teaching Tai Chi Effectively*** **$14** after discount

- Inquire about CEU details

After workshop payment is received, you will be given your links and discount codes to purchase the online Prep Course and teaching manual for the **required preparation before the workshop.**

Inquiries

Master Trainer: Darci Alexander
559-827-8178
TaiChiBlessings@gmail.com

Workshop Location

Beautiful Santa Barbara California!

Cottage Hospital
400 W. Pueblo St.
Santa Barbara, CA 93105

Registration Form

Tai Chi for Daibetes & Fall Prevention
February 21, 2026

Name _____

Address _____

City _____

State_____ Zip_____

Phone _____

E-mail _____

CIRCLE your registration preference:

A) TCD Certification Training

B) TCD Re-Certification or Skill Builder ($150)

Please mail this portion & tuition check or/ money order payable to:

Tree of Life Tai Chi
2021 N. Sallee St
Visalia, CA 93291

Or Contact Darci Alexander for payment info using credit card, PayPal or Zelle