

**Your benefits**

- Consciousness through movement
- Relieves mind wandering
- Feeling centered & stable to handle daily challenges
- Helping to recover from surgery
- Helping stroke patients
- Relieves post traumatic stress disorder
- More energy and less work stress
- Feeling in balance, emotionally, mentally and physically

TMW, Tai Chi Movements for Wellbeing, are the result of Richard Farmer's 35 years of experience teaching Tai Chi in many schools in the UK. He distilled the essence of his teachings for the benefit of people from all ages and stages of fitness. These 16 movements can be done standing or sitting, as daily fitness routine or as a means to increase one's awareness. One movement takes only seconds, one whole sequence about five minutes. Practiced with perseverance they will bring you into presence, increase your resilience and get your nobility to shine.

The full cycle of TMW movements is taught either in 4 x 2 hour sessions over four weeks or in a compact 2-day course.

Dates for 2016	Lausanne region, Switzerland	290CHF (100CHF deposit)
Mondays 18h-20h	March 28, April 4, 11 and 18	New Years Special 31.12.2015 – 3.1.2016 4x 15h – 17h
Wednesdays 18h-20h	May 18 & 25, June 8 & 15	
Sat & Sun 10h-17h	July 23 - 24	

Please contact me for other venues or when you have a group. This course may be offered as a two-day course.

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Life coaching, Therapies and Seminars
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Testimonials

The movements took me by the heart
Another chore to do, I thought. Then the movements took me by the heart and had me dance with them – JB

First time ever I felt the place of stillness
It's the first time I have ever felt the place of stillness, in alignment and connection with source while doing a movement of this Tai Chi. - SGA

How my posture affected my husband
Now I understand how my attitude and body posture could bring out the violence in my husband. – JoS

TMW helps me go back to sleep
Any time I wake up at night TMW helps me go back to sleep in deep serenity. – EA