



# Tai Chi Movements for Wellbeing

**TMW Foundation  
Training 2024**



“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. [Watch TMW film](#) here.

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 Trainer 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 in 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.

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

## The TMW 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 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 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 Trainers
- Continuing Professional Development to extend and deepen your TMW experience



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

## The Training Journey

We have trained hundreds of people over the last 14-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 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 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 2024

Module 1: Saturday 16 & Sunday 17 March 2024

Module 2: Saturday 16 & Sunday 17 March 2024

Module 3: Saturday 16 & Sunday 17 March 2024

Module 4: Saturday 16 & Sunday 17 March 2024

**Price** £1245. A deposit of £645 to secure 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 Trainers, including required CPD input during the year.

**Further information** [www.tmwtraining.com](http://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 – 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 Trainer. 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 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 (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 cofounded TMW Training in 2009 following a request from Dr David Quinn. He now offers weekend courses to the community of TMW Trainers.



### 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 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 TMW 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."*

*"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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