



Be Healthy through Dance!

**On-Line Training Course
for
Professional Health workers**

Wu Tao Stretch and Relax™ program

The **Wu Tao Stretch and Relax™** program is a wholistic, non-pharmalogical way to improve your clients health, state of mind and overall well-being.

The Wu Tao Stretch and Relax™ program has been especially designed for seniors. Wu Tao is a gentle dance program that uses music and relaxation techniques to tone and stretch the body, and bring the mind to a calm, peaceful state. It is energising, relaxing and fun to do.

This **On-Line training course** will give you the skills to integrate Wu Tao Stretch and Relax™ into your professional practice.

In this Course you will learn Wu Tao exercises that you can implement with your clients straight away.

They include:

A dance sequence done to music

A gentle self massage routine

Relaxation and meditation exercises

Dementia specific behavioural strategies

What clients these strategies are useful and when to use the them.

You will be supported through your training by a personal on-line tutor.

A certificate will be issued on successful completion of the course

Course Cost: \$440 (inc gst)

To register please contact Michelle Locke at info@wutaodance.com Ph: 0417 989 397





Wu Tao Stretch and Relax™ Training Course

The training will equip you with the necessary skills to facilitate and teach The Wu Tao Stretch and Relax™ program in a professional capacity. Throughout the course you will receive support from your own personal tutor.

Course material provided includes training manual, instructional DVD and CD. These resources contain the materials you will need to teach the program in a professional and confident manner. On successful completion of the course you will be issued with a certificate of completion.

Next Steps

1. Complete and send in your Enrolment Form.
2. Pay fees via one of the methods outlined below.

Frequently Asked Questions

How long does it usually take to complete the course?

The course takes approximately 1 month to complete.

Do I need to finish the course within a certain time?

No, you can take as long as you need to, though you do need to successfully complete all components of the training including case studies to receive a certificate of completion.

How could I get my money back if I don't like the course?

Just return the course in good condition within 15 days of receiving it, with a letter of withdrawal and we'll send you a full refund minus 10% for admin costs.

I live in the USA, UK, Asia, Canada, etc. Is the course suitable for me?

Yes. You can do the course from where ever you live.

How can I contact my tutor or Wu Tao Head Office?

The tutor assesses your work and can help you with any problems by phone. Upon completion of your assignments, email or post them to your tutor.

If you have an urgent query about the course or an administrative problem, you can phone and talk to the course manager at Wu Tao Head Office during work hours. If you leave a message out of work hours we will ring you back the next day.

Enrolment Form

Wu Tao Stretch and Relax™ Program On-Line Training Course

Organisation: _____

Contact Name: _____

Address: _____

_____ State: _____ Postcode: _____

Phone: _____ Wk: _____ Mob: _____

Email: _____

I wish to enrol for the Wu Tao Stretch and Relax™ On - line Training Course

I am registering for people

Names: _____

I have enclosed:

Full Payment of \$440.00 (\$400 + gst) per person

\$400.00 (International no gst)

Payment by:

Cheque Money order Credit Card (online)

Send to:

Wu Tao Head Office: 179 Healy Road Hamilton Hill WA 6163

Your course material will be forwarded to you by post on receipt of your payment.

Wu Tao Pty Ltd
179 Healy Rd Hamilton Hill 6163 WA
email: info@wutaodance.com
Phone: +61 (0)417 989 397