

## **LFA Personal Development Stage**

### **Deepening Your Practice**

The LFA Personal Development Stage offers a flexible and ongoing way to continue your journey through the Lee Family Arts.

Open to **all LFA students**, it is designed for those who want to develop greater depth, understanding and confidence in their existing practice without the requirement to learn additional disciplines or increasing numbers of movements.

You can join the Personal Development Stage **at any point in your LFA journey** — whether you are just starting out, have been practising for many years, or are currently following the LFA Instructor Training pathway.

### **A Pathway Designed Around You**

Personal development means something different for every student.

Rather than following a fixed syllabus of additional movements and disciplines, this program focuses on developing the quality and understanding of the T'ai Chi and LFA Arts you already practise.

Depending upon your experience and individual needs, your development may include:

- Improving posture, alignment and movement
- Developing balance, coordination and stability
- Deepening your understanding of the T'ai Chi Form
- Exploring breathing, relaxation and awareness
- Understanding the principles behind the movements
- Refining movements that you have already learned
- Exploring different layers and applications within your existing practice
- Developing greater confidence, flow and continuity
- Understanding how movements can support your own health and well-being

### **Complementing Instructor Training**

The Personal Development Stage can be taken **alongside or following LFA Instructor Training**.

Not every instructor wants or needs to learn every discipline within the Lee Family Arts.

For example, an instructor may choose to complete **Stages 1 and 2** of Instructor Training and then decide that, rather than progressing into additional Form Sets and movement sequences, they would prefer to concentrate on developing the quality and understanding of their own T'ai Chi.

The Personal Development Stage provides a structured way to do exactly that.

It allows instructors to continue learning, developing and receiving guidance while concentrating on the areas of the Arts that are most relevant to their own practice and teaching.

### **Continue Year After Year**

Unlike the Instructor Training Stages, the Personal Development Stage is **not designed to be completed just once.**

Students can return to the program **year after year, for as long as they wish to continue their T'ai Chi journey.**

Each year provides the opportunity to revisit familiar movements, explore new layers of understanding, refine your practice and continue developing at your own pace.

There is always something more to discover. As your experience changes, so does your understanding of the movements and principles you have already learned.

### **Development Without the Pressure to Progress**

Progress within T'ai Chi is not simply measured by how many movements or disciplines you know.

Sometimes the greatest development comes from returning to what you already know and discovering another layer of understanding within it.

The Personal Development Stage provides the time, guidance and support to do this — without the expectation that you must continually add more forms, disciplines or movements.

### **What's Included**

- **9 training sessions over 12 months** (currently held at Inmans Primary School, HU12 8NL on Saturday's from 1pm – 4pm)
- **Unlimited access to online training materials** throughout your training.
- **Supporting course materials** to complement your personal practice.
- **Ongoing guidance and support** throughout the 12-month program.

### **12-MONTH PROGRAM**

**£500**

**9 Training Session • Online Learning • Support Materials • Ongoing Guidance**

### **Your T'ai Chi. Your Development. Your Journey.**

Whether you are at the beginning of your LFA journey, have been practising for many years, are following the Instructor Training pathway, or simply want to continue developing what you already know, the Personal Development Stage gives you the opportunity to keep learning.

**Take it for one year, return year after year, and continue for as long as your own T'ai Chi journey takes you.**