



ROM Dance® Certification Information

Purpose of Certification is to assure that instructors have the skills and knowledge necessary to communicate the program effectively. Certified ROM Dance® instructors are qualified to teach other health professionals and potential ROM Dance instructors as well as students and patients.

Certification Requirements

- Demonstration of proficiency in performing the ROM Dance®.
- Demonstration of ability to effectively lead a relaxation exercise.
- Successful completion of a written examination demonstrating understanding of the ROM Dance Program principles, goals and research as outlined in the text: *The ROM Dance®: A Range of Motion Exercise and Relaxation Program*.

Certification Process

In Person

- Complete and submit the application for certification.
- Complete and submit the written exam. This is an open book test.
- Mail all of the components listed above with an application fee of \$75.00.
- Make the check payable to Tai Chi Health.
- Set up a time for certified ROM Dance® Reviewer to evaluate your movement and guided relaxation,

Long Distance

- Complete and submit the application for certification.
- Submit a VHS/DVD of yourself performing the ROM Dance®.
 - You may perform either the Sunlight/ Moonlight or Seated Versions
 - You may have the poem played on CD in background, or memorize the poem and say it yourself.
- Submit an audio tape (standard size cassette only) or CD of yourself doing a guided relaxation exercise
 - You may also include the relaxation exercise on your video/DVD
 - This can be original or you may read a script from the ROM Dance® Text or other sources.
 - Length, Approximately. 5 minutes.
- Complete and submit the written exam. This is an open book test.
- Mail all of the components listed above with an application fee of \$75.00.
- Make the check payable to Tai Chi Health.

Mail Applications to: Tricia Yu, Tai Chi Health
P.O. Box 756, Taos, NM 87571

Certification

Certificates as a ROM Dance® Instructor are awarded by Tricia Yu, MA co-creator of the ROM Dance® Program. Certificates, all test materials and evaluations of your ROM Dance and Relaxation demonstrations will be returned to you within two months of their receipt - after all testing materials have been reviewed. This is a one-time process. There is no need to keep certification current in the future.

Questions? Call or email Tricia or call Tai Chi Health Office at 575-776-3470



ROM Dance® Program Certification Application

Name _____ birth date _____

Home address _____

Home phone _____ work phone _____ e mail _____

Professional/Technical Education and Degrees Received:

Experience/Training in T'ai Chi and/or other Movement Modalities (list teachers, years, practice habits):

Experience in leading group classes, teaching ROM Dance® relaxation and/or movement

Signature _____ date _____

**Please attach \$100 application fee, resume and photo, plus home VHS or DVD of your performance if applicable.
Make checks and mail to Tricia Yu, Tai Chi Health at address below.**