



**BRING A
WELLNESS
OPPORTUNITY TO
YOUR
COMMUNITY.**

Consider Hosting a Tai Chi Easy™ Practice Leader Training

- No Prior Tai Chi Experience Needed: Easy To Learn, Easy To Lead
- Certification Through The Internationally Recognized Institute Of Integral Qigong And Tai Chi (IIQTC)
- Training Approved For 21 Nursing CE Contact Hours
- A Cost-Effective Wellness Solution
- Easily Integrated Into Any Corporate Wellness Initiative
- Evidence-Based Health Benefits For All: Adaptable To Any Fitness Level
- Event Coordination Support Is Provided: We Make It Easy!

Tai Chi Easy™ is a method and approach to Tai Chi and Qi (Chi) cultivation carefully developed by Dr. Roger Jahnke, O.M.D.. The Tai Chi Easy™ technique makes the practices easy, beneficial and fun from the very beginning. The student does not have to devote years to learning the traditional 108 movement form or even the shortened (24, 36, 42 movement) form to enjoy the calming emotional and health benefits of Tai Chi.

Using simplified Tai Chi based on the four major recognized styles of Tai Chi, this program is straightforward and highly adaptable, resulting in empowerment in self-care and self management skills.

The Tai Chi Easy™ methods are designed to improve the quality of life for people of all ages – whether well or unwell. This includes those who may be dealing with disease, chronic pain and health conditions, limited mobility, deficient immune systems, anxiety or depression. All can benefit...no matter their fitness level.



HEALTH • VITALITY • INNER PEACE

Our Mission: Healer Within Foundation advances community-based Qigong/Tai Chi and other self-healing, body-mind-spirit practices through collaborations with individuals and organizations, to sponsor trainings, community practice groups and research.

The Healer Within Foundation is a non-profit organization currently living out this mission through the Tai Chi Easy™ Dissemination Project. This initiative trains Practice Leaders to introduce the Tai Chi Easy™ form and teaching methods in communities throughout the world. We are proud to be the exclusive provider of Tai Chi Easy™ Practice Leader Training.

Contact Us Today To Learn More!

Web: www.HealerWithinFoundation.org

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**WE'RE TRAINING
THOUSANDS TO
IMPROVE THE
HEALTH OF
MILLIONS.**

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