

Bring a Wellness Opportunity to Your Community!

Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR TAI CHI
EXPERIENCE NEEDED!



Tai Chi Easy™ Practice Leader Training

Saturday, April 21st -Monday, April 23rd
9:00 am - 5:30 pm, each day

East Meets West Yoga Center
8227 Old Courthouse Road, Suite 310
Vienna, VA. 22182

This 3-day training empowers individuals to learn for themselves—and share with others—compelling, fun and accessible evidence based self-care practices. Tai Chi Easy™ blends a simple medical Qigong technique with carefully chosen Tai Chi exercises that can be done in bed, while seated, in a stationary standing position, or combined with Tai Chi walking. Help yourself and others manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina.

What makes this training different? Certification!

Certification is essential in many settings requiring a Tai Chi practice leader. Upon successful completion of this program you will receive Tai Chi Easy™ Practice Leader Certification



through the internationally recognized Institute of Integral Qigong and Tai Chi (IIQTC).

This Tai Chi Easy™ Practice Leader Training will:

Enrich your life and the lives of others with the powerful gift of Tai Chi Easy™ self-care.

Help you make extra money. There is an increasing need for qualified Tai Chi Easy™ practice leaders in the community.

Teach you how to confidently lead Tai Chi Easy™ practice sessions in a variety of venues. The sages say, "Teach what you hope to learn."

Who should attend this training?

Ideal for anyone who wants to learn and share health-promoting self-care practices - nurses, mental health workers, mind-body practitioners, fitness instructors, support group facilitators, wellness program staff, teachers, long term care employees. Reserve your place today.

This training opportunity provided by:



Training thousands to improve the health of millions.

To learn more about the mission of the Healer Within Foundation, please visit healerwithinfoundation.org.

In collaboration with:



Easy to learn, easy to lead -

Previous Tai Chi experience is useful but not necessary. This highly respected 25-hour training gives you everything you need to confidently lead 30-60 minute Tai Chi Easy™ practice sessions in your community. Join the thousands of trained Practice Leaders nationwide who are seeing dramatic results in their communities and their own lives thanks to the powerful health benefits of Tai Chi Easy™.

Nursing and Physical Therapy CE's:

This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Physical therapy CE's are pending approval.

Certification Training Fee:

\$425 Early Bird (save \$60) **must register by April 10!**

\$485 if registering April 10 - April 17

\$200 refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, morning coffee, lunches, snacks and nursing CE hours.

Travel Information:

Airports -

Reagan National Airport - DCA (20 miles) or

Dulles International - IAD (30 miles)

Hotels near training site (Walk to the studio!) -

Extended Stay America, 8201 Old Courthouse Rd.

Vienna, VA. (703) 356-6300

Residence Inn, 8400 Old Courthouse Rd.

Vienna, VA. (703) 917-0800

This Tai Chi Easy™ Practice Leader Training will be conducted by Dr. Roger Jahnke OMD, Kalind Bakshi & Cynthia Maltenfort



Dr. Roger Jahnke, O.M.D. is the author of *The Healer Within* and developer of the Tai Chi Easy™ method. He has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and Tai Chi, Santa Barbara, California. With almost 30 years of clinical practice as a physician of acupuncture and Traditional Chinese Medicine and eight research tours to China, Dr. Jahnke has emerged as a key spokesperson for Tai Chi (Taiji) and Qigong (Chi Kung) and is a master teacher of these arts.

Kalind Bakshi, M.D. is a retired Vascular Surgeon, a Master Professional Coach a Coach Trainer in Circle of Life and an IIQTC Senior Trainer. He conducts trainings and workshops face to face, in groups, online through videoconferencing techniques both national and internationally.

Cynthia Maltenfort enjoys combining ancient and modern healing systems for health of body, mind and spirit, including Yoga, Energy Medicine, Tai Chi, Qigong and Sound healing. She holds a 500 hour teaching certificate from Sun and Moon Yoga Studio and is a certified teacher in Integral Qigong and Tai Chi, as well as a trained and certified Sound Practitioner. She has more than 15 years teaching and practicing healing arts.

More Information:

Cynthia Maltenfort

sunmooncynthia@gmail.com

(571) 214-8648

Tai Chi Easy™ Practice Leader Training - Metro DC: Advance Registration is Required!

Register online - HealerWithinFoundation.org/the-training

OR

Send this completed registration form and payment to:

Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Nursing CE's Y___ N___

Please check one