

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

Thursday, June 21st - Saturday, June 23rd
9:00 am - 6:00 pm, each day

Fermanagh House
Broadmeadow Place, Enniskillen
Co Fermanagh, BT747HR N, Ireland

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.

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

(CONT.) 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™.

Certification Training Fee:

£340 Early Bird - **Must register by June 1!**

£375 if registering June 1 - June 14

£150 Refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, coffee/tea and snacks will be provided. Lunch is on your own.

Travel Information:

Airports

Dublin Airport; Belfast International Airport; Belfast City Airport (UK travelers)

Ground travel to Enniskillen - Options Car Hire or Bus

Bus service from Dublin Airport to Enniskillen:

www.buseireann.ie/#view-timetables

Bus service from Belfast International Airport to Enniskillen:

Take Shuttle bus to Belfast Europa BusCentre

www.belfastairport.com

and from there a [Translink bus to Enniskillen, service 261](#)

Belfast City Airport, cab to Belfast Europa Bus Centre and then take the Translink:

www.belfastcityairport.com/To-From-the-Airport/Value-Cabs

Hotels

These hotels all within walking distance from the training venue:

Belmore Court Hotel: www.motel.co.uk

Westville Hotel: www.westvillehotel.co.uk

Enniskillen Hotel: www.enniskillenhotel.com

This Tai Chi Easy™ Practice Leader Training will be conducted by

Dr. Kalind Bakshi & Dr. Kinnari Bakshi



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.

Kinnari Bakshi, M.D. is a retired Ophthalmic surgeon, Certified Master Life Coach, and IIQTC Tai Chi Easy™ Senior Trainer. She has conducted workshops in stress mastery, weight management through lifestyle changes, and Tai Chi and Qigong in the United States and India.

More Information:

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Mobile 0033(0)688752505

Aileen McAloon

aileenmurphy1@live.co.uk

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Mobile 0044(0)7894908040

To Register in US:

Christie@HealerWithinFoundation.org

Tai Chi Easy™ Practice Leader Training - Northern Ireland: Advance Registration is Required!

To Register: Contact dympnataichi@gmail.com; Tel. 07894908040 for instructions

US registrants: Contact Christie@HealerWithinFoundation.org for instructions

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Phone: _____

Emergency Contact Name: _____ Phone: _____

If Refresher, where was your prior training? _____