

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

Friday, June 8th - Sunday, June 10th
8:00 am - 5:00 pm, each day

Clarion Hotel & Conference Center
148 Sheraton Drive
New Cumberland, PA 17070
Easy access from PA Turnpike I-76 & I-83

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 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™.

21 Nursing CE's:

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

Certification Training Fee:

\$425 Early Bird (save \$74) must register by May 18!

\$499 if registering May 19 – June 7

\$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/tea, lunches, snacks and nursing CE hours.

More Information:

Bob Wolfe

chiguypa@gmail.com

717-512-2460

This Tai Chi Easy™ Practice Leader Training will be conducted by Dr. Kalind Bakshi & Bob Wolfe BA, CHt, LMT, NBCR



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.

Co-Leader Bob Wolfe is founder of HealthTouch Body/Mind Therapies, is a Certified Tai Chi and Qigong Teacher, Certified Hypnotherapist, Licensed Massage Therapist, Nationally Certified Reflexologist through the American Reflexology Certification Board and a Reiki Master Teacher. He has been teaching and practicing professional body/mind therapies for over 20 years and has taught-nationally-and-internationally.

Travel Information:

Airport - Harrisburg International (MDT) 13 Miles

On site Lodging - Clarion Hotel & Conference Center (717)774-2721

Special Rate of \$99 per night if booked by May 8!

Other lodging nearby -

Fairfield Inn & Suites, (717)774-0100

Best Western Plus, (717)774-4440

Tai Chi Easy™ Practice Leader Training - New Cumberland, PA.: 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