

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, April 6th, 9am - 6:30 pm
Saturday, April 7th, 2018, 8 am - 5:30 pm
&
Sunday, April 8th, 2018, 8 am - 5 pm

Aurora Medical Center
855 N. Westhaven Drive
Oshkosh, WI 54904

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. The Wisconsin Physical Therapy Association approved this course for 23 CE's.

Certification Training Fee:

\$425 Early Bird (save \$74) **must register by March 15!**
\$499 if registering March 16 - April 1
\$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 and nursing/PT CE hours.

Travel Information:

Airports -
Appleton (APL) 21 miles; Madison (MSN) 84 miles; Milwaukee (MKE) 94 miles
Hotels near Aurora Medical Center -
Holiday Inn Express (920)303-1300
LaQuinta (920)233-4190
Comfort Suites (920)230-7378

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

Brian Trzaskos & Lorrie Formella



Brian is a IIQTC Tai Chi Easy™ Senior Trainer and graduate of the 200-hour advanced program created by Dr. Roger Jahnke, author of *The Healer Within* and developer of the Tai Chi Easy™ method. Brian is founder of the Institute for Rehabilitative Qigong & Tai Chi, which specializes in training rehabilitation professionals to naturally speed healing in their patients and Tai Chi teachers to best serve people with rehabilitative needs.

Lorrie Formella, owner of Seasons of Life Empowerment, is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is a Certified Teacher of the 200 hour IIQTC program and member of the National Qigong Association. Lorrie engages people to become an empowered citizen regarding their health and wellness by providing multiple Qigong and Tai Chi workshops, retreats, and classes. She currently teaches Mind Body classes at the University of Wisconsin Fox Valley, Fox Cities YMCA, Touchmark and provides multiple one and two day Qigong retreats.

More Information:

Lorrie Formella
seasonsoflifeempowerment@gmail.com
(920)750-1845

Tai Chi Easy™ Practice Leader Training - Oshkosh: 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

Physical Therapy CE's Y___ N___
Please check one