

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, March 9<sup>th</sup> - Sunday, March 11<sup>th</sup>, 2018

8 am - 5 pm each day

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**Metro Health Conference Center**

2225 South Main Street

Wyoming, MI 49519

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 practice leaders in the community.

Teach you how to confidently lead Tai Chi 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](http://healerwithinfoundation.org).

Sponsor:



## 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 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.

#### Certification Training Fee:

\$425 Early Bird (save \$74) Register by February 8<sup>th</sup>!

\$499 if registering February 9<sup>th</sup> - February 28<sup>th</sup>

\$200 refresher fee (past graduates)

**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, continental breakfast and healthy lunch daily.

#### Travel Information:

Nearest airport: Gerald R. Ford International Airport (GRR)

Reserved block of rooms at: Hyatt Place South - 2150 Metro Lane, Wyoming, MI 49519

Ask for: The Healer Within/TCEPL 3/8-3/11

Must register by February 8, 2018!

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

Antoinette Horn MBA, LNHA &  
Marcia Schrotenboer



Antoinette is a local and national presenter of education programs and retreats to help everyone experience the benefits of body, mind, spirit health. She is a certified teacher in Integral Tai Chi and Qigong and a Senior Trainer of Tai Chi Easy™. Antoinette has made international healing trips including study abroad at the Red Cross Qigong & International Medical Exchange Institute in China. She serves on the Board of Directors of the Healer Within Foundation.

Marcia is a certified teacher in Integral Tai Chi and Qigong trained by the Institute of Integral Qigong and Tai Chi (IIQTC). The founder of West Michigan Qigong, she gently guides her students to use body, breath and mind as a means to find their own "Healer Within." For over 15 years she has helped seniors find their happiest, healthiest selves as the Director of Resident Programs at Freedom Village Holland - a Brookdale Senior Living Continuing Care Retirement Community located in Holland, MI. For the past 4 years she has taught at the retirement community and community classes in Holland and other west Michigan locations.

#### More Information:

Marcia Schrotenboer

[marcia.schrotenboer@gmail.com](mailto:marcia.schrotenboer@gmail.com)

(616)215-3008 [WestMiQigong.org](http://WestMiQigong.org)

## Tai Chi Easy™ Practice Leader Training - Cleveland: Advance Registration is Required!

Register online - [HealerWithinFoundation.org/the-training](http://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\_\_\_

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